

WEED WORLD™

ISSUE 146

Olivia Newton-John
**TREATING
CANCER** & John Easterling

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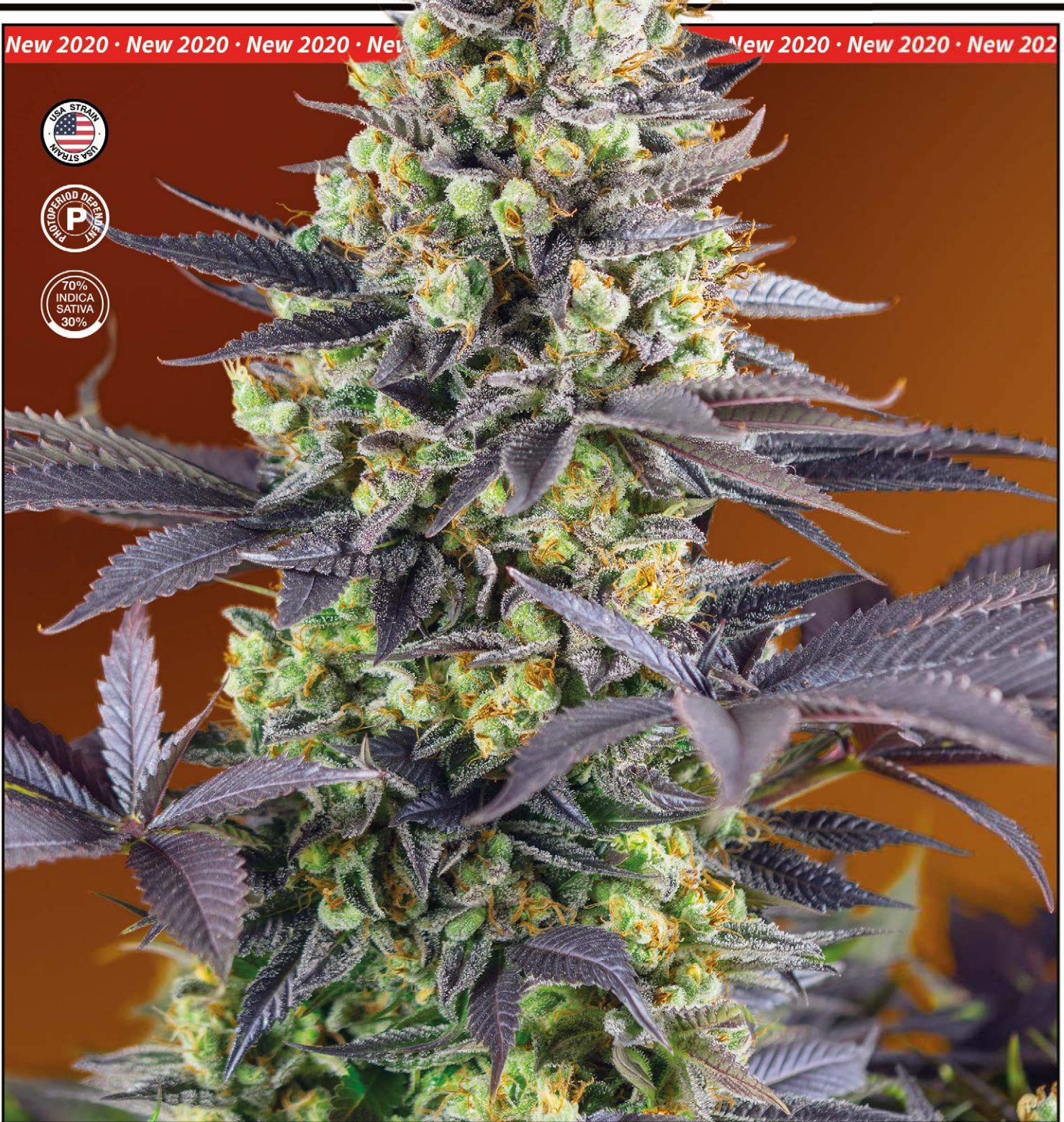


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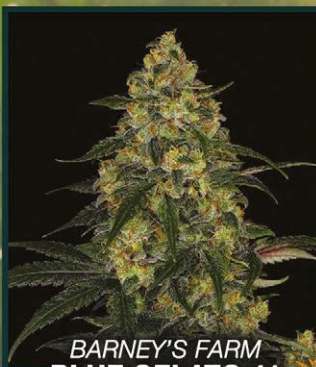


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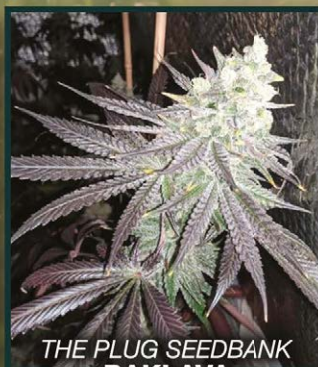


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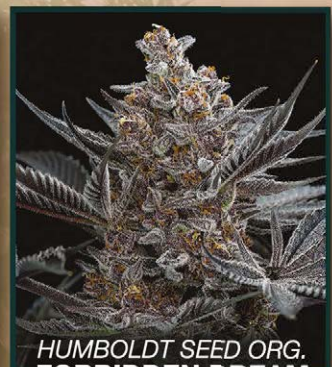
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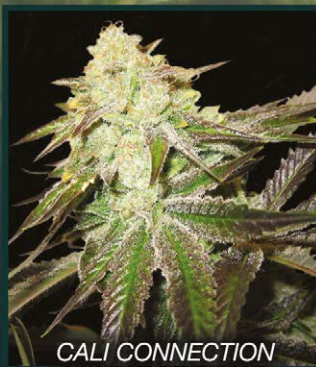
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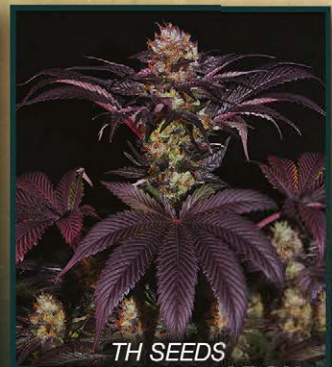
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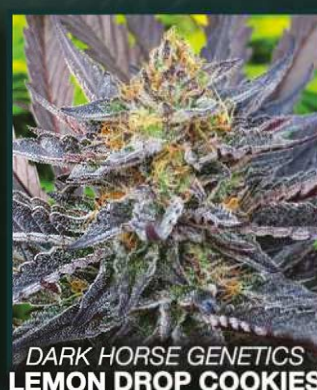
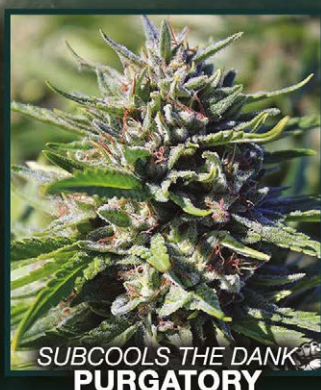
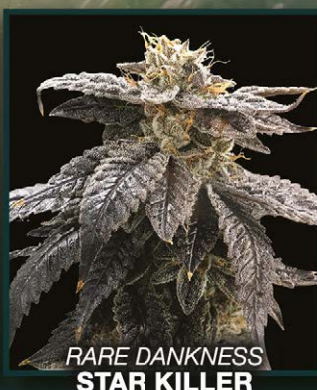
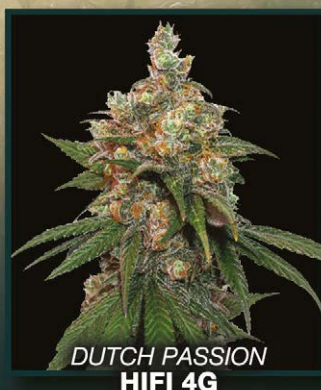
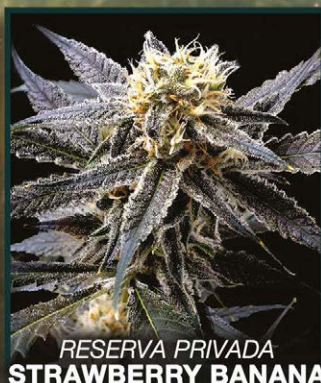
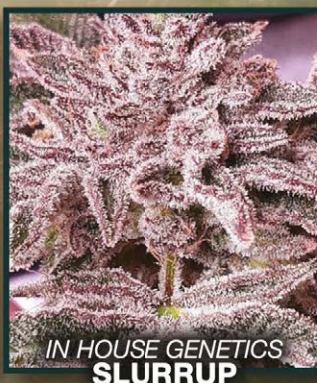
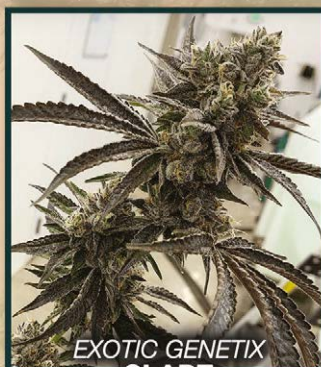
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ISSUE 146

WELCOME TO WEED WORLD

WEED WORLD was founded in 1991 and is a bi-monthly (published every 2 months) magazine. We always knew the true benefits of medical marijuana so, with this in mind, we became a fighter for the cause and a true innovator. Our job was to keep people informed about this wonderful plant and how they can medicate themselves. We are still doing that to this day! Thanks to all of our readers for supporting us over the years and to all of the people who work with us to help create this amazing magazine.

Welcome to issue 146

The world is chaotic right now with the spread of Coronavirus (COVID-19). We have a small advice section inside, just in case anyone is worried. Government advice changes daily though, so please keep up-to-date with your country's policies regarding the virus. Most importantly, stay safe! Why not spend this time in your garden?

Although this is not news to a lot of you by now, we would still like to take this opportunity to express our sadness over one of our writers, who passed away on the 1st of February. RIP Subcool.

Some articles to look out for: "Why CBD and Yoga are a Match Made in Heaven", plus a topical debate on "What Happens When You Stop Smoking Weed". There's an interesting perspective from Buddha Seeds in, "The Color of Cannabis" and Ziv enlightens us in, "From Prison to Parliament". Plus so much more...

WARNING! Germination of Cannabis seed is illegal in the UK. Weed World Ltd sells seed as a collectable adult souvenir only. Please note: You have to be at least 18 years old to order any seeds.

UNITED KINGDOM LAWS. By section 6 of the Misuse of Drugs Act 1971 it is an offence to cultivate any plant of the genus Cannabis in the United Kingdom without a license from the Secretary of State. Anyone committing an offence contrary to this section may be imprisoned or fined, or both. Please note therefore that germination of cannabis seeds, without an appropriate license is illegal in the United Kingdom.

INTERNATIONAL LAWS. We dispatch our seeds on the condition that they will not be used by others in conflict with applicable local law. Unfortunately, regulation and implementation in respect of cannabis seeds differ tremendously from country to country. For this reason we advise you as a matter of urgency to make inquiries about the regulations in your country. Please be aware that even though some countries' laws are changing, please check your country's and do not violate any laws!

As a Weed World customer, you are prohibited from distributing seeds purchased, solely on the premise for souvenir or nutritional use only; to countries where possession of and/or trafficking in Cannabis seeds is illegal. Weed World Magazine Ltd and Weed World E-Zine, (to include Online Store) does not wish to induce anyone to act in conflict with the law. All persons who purchase seeds from Weed World online store, are responsible for their own actions in the future. All information contained within Weed World publications is strictly for educational purposes only and is not intended to condone, promote or incite the use of illegal and/or controlled substances.

THE ITALIAN VERSION OF WEED WORLD MAGAZINE will vary slightly from the English version. It features cannabis news, laws and legalization news relevant for the Italian market.

NEVER MISS AN ISSUE!

Weed World magazine subscriptions are available in print and digital formats.



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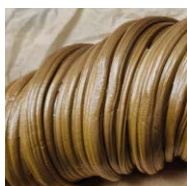
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56

Purple Royale

Created by Greenshock Farms in 2018, Purple Royale is an exotic hybrid created with two of the Emerald Triangle's most legendary strains. Northern California has for many years been known as a very special place...



70

The grower and the Hashmaker

Part 2: For as long as man can remember, the earth... has been there. You know, cradling us and our fragile ecosystem in her warm breast, telling us it will all be alright. Millennia have passed since we have dragged...



90

Olivia Newton-John

Olivia Newton-John & John Easterling: Using cannabis oil for cancer and replacing opioids. Olivia Newton-John needs no introduction. With a 50 year musical career and more than 100 million albums sold including...



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Plus! Lots more medical case studies and tasty snippets inside!

Cover photograph of Olivia Newton-John & John Easterling is courtesy of Robert Lyndon



All of our strains have medicinal value and can help with many illnesses such as depression, epilepsy, psychosis, Huntington's, Parkinson's and Multiple Sclerosis.

**Emerald Jack
x SCBDx**



**Grapefruit
x SCBDx**



**Jack Flash
x SCBDx**



**Jack Herer
x SCBDx**



**Lemon Haze
x SCBDx**



**Lost Coast
x SCBDx**



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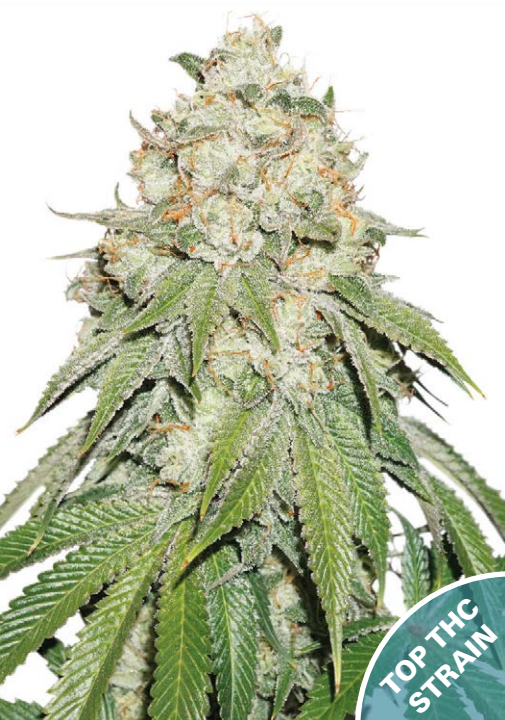
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FEATURED PRODUCTS

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Banana Blaze

DUTCH PASSION

Banana Blaze is a new, indica, feminized photoperiod strain from Dutch Passion with 20%+ THC levels and a unique old school banana taste. Dutch Passion have released this as a budget strain meaning that you can get your hands on 10 feminized seeds for €34.95. Don't be fooled by the price, though, this high-quality, THC-rich beauty has all the quality you would expect from Dutch Passion. The plants are typically short and bushy, while the average bloom time is around 8-9 weeks with heavy yields frequently resulting with minimal extra effort required.

Banana Blaze suits fans of powerful indica varieties who like to see their THC levels above 20%. The plants are easy to grow and maintain indoors with firm buds and a fruity banana aroma. The high is smooth-yet-powerful, one of Dutch Passion's best indica strains of recent years delivered to you at an affordable price.

Available from:
dutch-passion.com



Midnight Express Auto

FREEDOM SEEDS

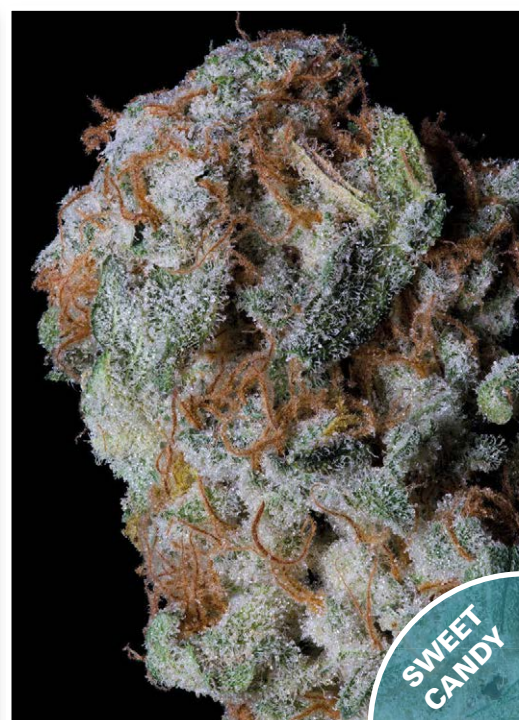
Midnight Express Auto is covered in glistening trichomes, sparkling like stars in the night sky against the deep purple hues of her flowers and leaves.

She promises something out of this world and does not disappoint. This is a very unusual and stunningly beautiful autoflower.

The genetics being mostly indica and including Citral Kush, Blueberry and a dash of White strain for the star dust.

- **Sex: Feminised**
- **Seed - Harvest: Up To 8 Weeks**
- **Height: Up To 110cm**
- **THC Level: High (Up To 20%)**
- **Indoor Yield: Up To 550gr/m²**

Available from:
weedworld.co.uk



Sherbert Glue

BIG HEAD SEEDS

Sherbert Glue is a slightly Indica dominant hybrid of two hard hitting champions Sherbert Dab and Gorilla Glue #4.

Long, hefty, resinous, glistening, trichome laden generous buds yield a sweet fruit candy taste. Delivering a driven focused euphoric cerebral experience balanced perfect with corporal anxiety free relaxation

Definitely for those wanting an at one with the universe, font of all knowledge, sage dispensing insight type of day.

- **Type: Indica/Sativa**
- **THC: 24%**
- **Flowering: 8-9 weeks**
- **High: Focused, Chilled, Relaxed**
- **Sex: Feminized**

Available from:
bigheadseeds.com



Auto Kush Feminized

KUSH CANNABIS SEEDS

Crossing the best Ruderalis we could find with our own OG has given an OG with a much shorter flowering time.

An easy strain to grow with great results, for an auto flowering plant her yield is second to none, she really is idiot proof!

- **Type:** Autoflowering
- **Genetics:** OG Kush X Ruderalis
- **Feminized**
- **Height:** Small – < 100cm
- **Grow Area:** Indoor/Outdoor/ Greenhouse
- **Flowering Time:** 7-8 weeks
- **Flowering Period:** April – Nov
- **Yield:** Medium 200-450g
- **Medicinal Level:** Low

Available from:
kushcannabisseeds.com



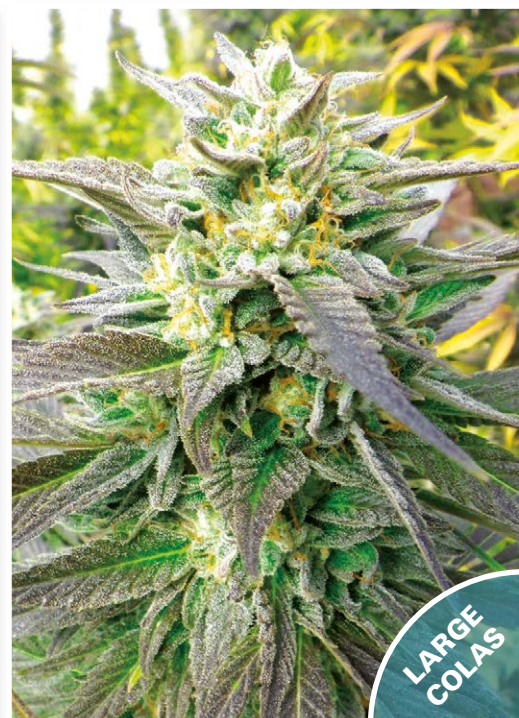
Flow Herb Vaporizer

PULSAR

The Pulsar Flow dry herb vaporizer offers a high-end dry herb vape in multiple color options. The Flow features a 1600mAh battery, a fast 40-second heat time, true convection heat, a quartz-lined chamber, a handy magnetic lid, an embossed vapor-cooling internal airflow pattern, haptic feedback, ergonomic mouthpiece, finely tuned heat settings, and more! The kit includes the Flow, USB cable, stir tool, extra silicone mouthpiece insert, 2 alcohol wipes, and a cleaning brush.

- **5" dry herb vaporizer**
- **40-second heat time**
- **Quartz-lined chamber**
- **Multiple design styles**
- **Finely tuned heat settings**
- **Haptic feedback when ready**
- **Temp Range 356°F - 428°F**
- **Embossed vapor-cooling airflow pattern**
- **Extra silicone mouthpiece insert**

Available from:
weedworld.co.uk



Blueberry Headband

EMERALD TRIANGLE SEEDS

This super high yielder, known for its vigorous veg growth and tight internodal stacking will produce long, large colas. Blueberry Headband has heavy diesel overtones with sweet berry undertones, with the Pre-98 Bubba providing a peppery bite. This plant has a quicker finish than the other strains within this mix. This strain is highly resistant to mold, mildew and PM. An unmistakable triumph for every serious smoker to enjoy.

- **Auto/CBD/Feminized/Regular**
- **Genetics:** '76 Blueberry X Emerald OG X Cali Sour D X Pre '98 Bubba
- **Yield:** High
- **Indica/Sativa:** 50/50
- **Stature:** Tall and lanky
- **Pathogen Resistance:** Mildew/ Mold
- **Harvest:** 9 weeks/early Oct
- **Flavor:** Berry, Diesel, Peppery, Sweet

Available from:
emeraldtriangleseeds.co.uk

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Black Critical x SCBDx SUPERCBDx

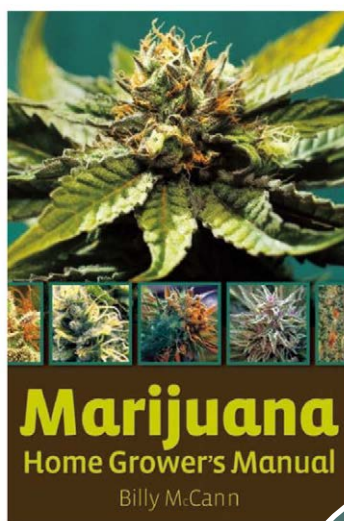
The infamous Critical Bilbao crossed with Black Russian has been crossed with SCBDx to create a dominant Sativa that also has the traits of the Bilbao Black Critical.

In essence, you have a heavy producer from the Critical side with all the medicinal benefits of the SCBDx a truly win-win situation, this one is hard to beat.

For those who know their Critical strains they know it's the best there is, beats the Santander strain hands down!

- **Sex: Feminized**
- **Grow Area: Indoors, outdoors, greenhouse**
- **Flowering Time: 55-60 days**
- **Ratio: 40% Indica / 60% Sativa**
- **Medicinal Level: 100%**
- **Taste: Citrus/Pine**
- **Smell: Citrus/Pine**

Available from:
supercbdxseeds.co.uk



Homegrower's Manual BILLY MCCANN

The definitive guide to understanding and growing Cannabis. A complete growers manual discovering cannabis in religion, medicine, politics, law and commerce, including 4000 years in brief of chronological Cannabis history.

This how-to manual contains all the growing advice that the home hobbyist craves to grow huge yields in amazingly small spaces. Presented in step-by-step, easy-to-follow, conversational style, and special features also reveal breakthrough growing techniques.

Billy McCan has perfected a cultivation method that can take a tiny plant from seedling to maturity in six short weeks. Using his breakthrough technique, home-growers can produce as many as 50 plants in a small cupboard space - this is a must for all smokers and growers.

Available from:
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Organic CBD Tincture WPE

10ml bottle of organic CBD 1000+mg tincture contains Hemp oil, Fulvic acid, full spectrum CBD/CBDA crude oil paste and peppermint oil.

How to take: Place under tongue hold for 1 min and swallow.

Certificate of analysis available for all of the ingredients. CBD paste contains trace 9-THC 0,129% (this will not have a psychologically effect on you).

Cold pressed organic hemp oil contains high level polyunsaturated acids, unsaturated acids, Omega 9, 6 & 3 and traces of vitamins E, D, Potassium, Zinc. Gluten-Free and is suitable for Vegetarians. Products are not genetically modified.

*Not intended to be used as a medicine
This is a food supplement and should not be used as a substitute for a varied and balanced diet.*

Available from:
wholeplantextract.co.uk



Blue Cheese (Fem)

BIG BUDDHA SEEDS

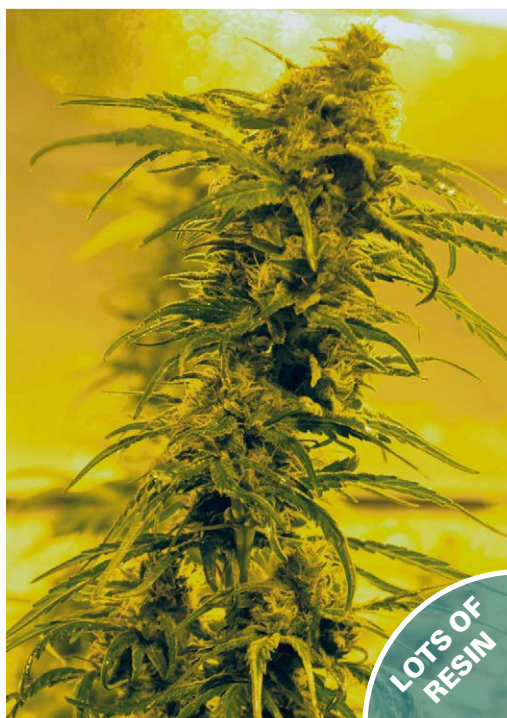
Big Buddha Blue Cheese Cannabis Seeds were created by selecting a male blueberry from the entire collection of several different breeder versions of blueberry.

The male was then crossed with Big Buddha's proud mother, and the backbone of many of Big Buddha Seeds' breeding projects; the original UK Cheese.

Its Blueberry and double Cheese decedance has to have one of the most recognizable smells around.

Fruity, sweet, tart-like berry scent, masked by that notoriously musky skunk taste, leaves one confused yet unable to resist its pungent smell.

Available from:
weedworld.co.uk



Black Blood

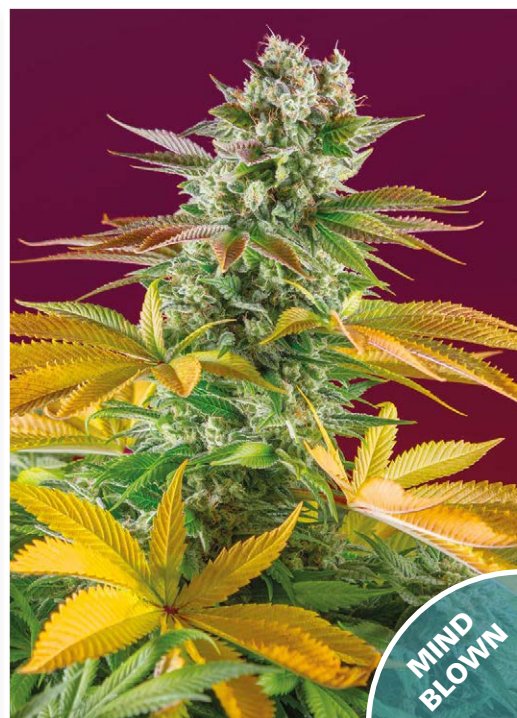
MEDICANN

Medicann crossed their Blue Blood, that contains their OG Kush (that has been with them since 1998), with Black Domina which speeds up the flowering times and introduces amazing resin production for a bigger crop and higher yield.

This plant produces buds that have the strength and density of the OG but still have that wonderful smell and taste of the Blueberry.

Black Blood has been bred to contain higher percentages of CBD or cannabidiol, the part of cannabis now considered to be most helpful in cancer treatments, nausea, as an anti-inflammatory, and for many other symptoms. CBD has been found to provide physical relief. It actually works to counteract the psychoactivity of THC, allowing patients a much desired element of clarity unassociated with so many other types of cannabis.

Available from:
medicannseeds.com



Gorilla Girl®

SWEET SEEDS

A one-punch cookie, knocking you out in a single hit? Sweet Seeds® Gorilla Girl® (SWS74) is definitely a strong example. The effect of this strain is really powerful and mind-blowing, as it features very high THC levels that can reach between 20% and 31%. Some specimens can even exceed these levels. Resin production is copious and the buds are very compact. Gorilla Girl® is the resulting hybrid from the cross between two powerful genetics coming from the USA: Gorilla Glue and Girl Scout Cookies. The Girl Scout Cookies specimen used for this cross comes from the phenotype known as "Thin Mint". Gorilla Girl® features intense taste and aroma, with cypress tones and a touch of wood, complemented with hints of earth and citrus.

Coming soon from Sweet Seeds®:
Gorilla Girl F1 Fast Version® (SWS86)
Gorilla Girl XL Auto® (SWS82)

Available from:
sweetseeds.com



THE FIGHT FOR LEGAL CANNABIS IN ARIZONA

Written by Paul James

Though Congress is currently taking steps towards federally legal cannabis, there remains a lot of action happening on a state-to-state level.

A perfect example of this is Arizona, where two organizations are currently pushing initiatives for cannabis legalization: the AZ Cannabis Chamber of Commerce and the Arizona Dispensary Association (ADA). Each initiative would give adults over the age of 21 the legal right to possess marijuana. However, each also has its own set of regulations which would shape the landscape of Arizona's cannabis industry.

These regulations play two significant roles - not only can they shape the future of cannabis, but they can determine whether or not legalization goes through.

The Narrow Loss of Prop 205

This isn't the first time Arizona has attempted to legalize cannabis. Back on November 8th, 2016, Arizonans

were given their first chance to vote on the matter under Proposition 205. Though the proposal was a loss, the numbers it retrieved tell us a lot about the ever-changing climate of cannabis.

48.68% of voters (1,233,323) were in favor of cannabis legalization while 51.32% (1,300,344) opposed it. The difference was less than 100,000 voters, which screams Arizona just might be ready in the coming 2020 election season.

Kevin Sabet of SAM Action stated, in concerns to the loss, "The overarching lesson was that if we could raise enough money early, we can win."

This may have just been the issue. Back during this election, the Campaign to Regulate Marijuana Like Alcohol was at the forefront of this initiative. They had garnered \$6.5 million in funds to promote Proposition 205.

Their opponents, which were a collection of various industries including a synthetic painkiller company, were able to collect \$6.4 million. Therefore, the fight for legalization was pretty even and, considering Arizona is a dominantly conservative state, the loss wasn't too out of character.

However, nearly four years later, the tides seem to have turned. For now, the fight isn't so much about legalizing cannabis as much as it is about who will have control over the industry once marijuana is inevitably legalized.

The Arizona Dispensary Association

It's important to note, back in 2016, there were 101,416 medical marijuana cardholders in the state of Arizona. The most recent report (April 2019) shows this number has more than doubled to 203,683 cardholders.

Medical marijuana has been legal in Arizona since 2010.

But the numbers show that support for cannabis has picked up more so in recent years. And this could have a huge outcome on the 2020 elections.

Currently, the Arizona Dispensary Association (ADA) has majority control over the medical cannabis industry. Most of the big-name cannabis brands within Arizona, such as Canamo and Harvest, operate under them.

The ADA has recently made a proposal to Legislature known as the Smart and Safe initiative. Ultimately, this proposal would give ADA most of the control over the legal cannabis market. And if the Smart and Safe initiative were to go through, it would give perks to both consumers and lawmakers.

A select few of these include:

- Dispensaries already operating would immediately have the right to sell recreationally, which would be a huge improvement in comparison to other states where consumers had to wait up to a year in order to purchase recreational cannabis.
- Stricter regulations around the industry that would set safer standards for harvesting testing etc., but also make it more difficult for newcomers to get a piece of the market.
- Put a limit to the number of dispensaries allowed to open within the state of Arizona. Though this would give ADA a monopoly over the Arizona cannabis market, it seems most Arizona voters would prefer cannabis dispensaries not to appear on every street corner.

In direct response to ADA is another organization that believes the cannabis industry deserves as many opportunities as any other free-market within the country.

The AZ Cannabis Chamber of Commerce

The AZ Cannabis Chamber of Commerce has also recently introduced an initiative known as Small Business Liberty Act. This proposal too would legalize adult use of marijuana, but also has other goals for the market that differ greatly from ADA's.

Some of these goals include:

- Easier access to marijuana dispensaries in more rural areas. Particularly, those in which there aren't currently medical marijuana dispensaries.
- The establishment of 100 plus dispensaries more than the current number of facilities that already exist under the medical marijuana industry.

- The introduction of 25 "craft" licenses which would give smaller growers the right to plant and sell without needing any connections to big grow operations.
- Regulations that would be given to the Department of Liquor and Licenses Control.

It's important to note that the AZ Cannabis Chamber of Commerce is a much smaller organization in comparison to ADA. And though their proposal seems more geared towards Arizona businesses and entrepreneurs, it may not have the same threshold on the public as ADA does.

What's Public Opinion Like?

Recently, a few polls have been taken which are showing trends that closely replicate the public opinion of 2016's Proposition 205. According to one of OH Predictive Insights' recent polls, 50% of Arizona voters are in favor of legalizing recreational cannabis while 40% are opposed and 10% remain undecided.

Eileen Liao, the senior data analyst at OH Predictive Insights, explains, "The results indicate that Arizonans are feeling more comfortable with Marijuana Legalization than before. However, it still faces resistance from the same demographic groups of Republicans, women, and older voters."

Though the numbers look to be in favor of legalization, a big issue is they don't illustrate the full opinion of voters. For example, as we discussed before, a good chunk of voters would prefer to see the number of dispensaries opening in Arizona be limited. Therefore, this group of people would be more likely to vote for the Smart and Safe initiative rather than the Small Business Liberty Act.

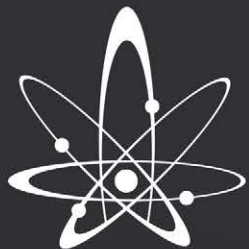
What ultimately will decide whether or not cannabis legalization goes through is which initiative takes the public's interest.

What's Next?

As of now, all we can really do is wait and see. According to everything we've reviewed throughout this article, it does seem Arizona has a good chance of recreationally legalizing cannabis in 2020. However, this decision will ultimately be determined by which proposal goes through.

If the Smart and Safe initiative is chosen, many Arizonans might feel more inclined to vote "yes" on adult-use. Particularly because ADA already knows this industry and would set up regulations that cater to their needs.

If the Small Business Liberty Act is chosen, the public may not feel as inclined, but those interested in getting into this industry certainly will. Particularly because the AZ Cannabis Chamber of Commerce is looking to develop a freer market in Arizona's cannabis industry.

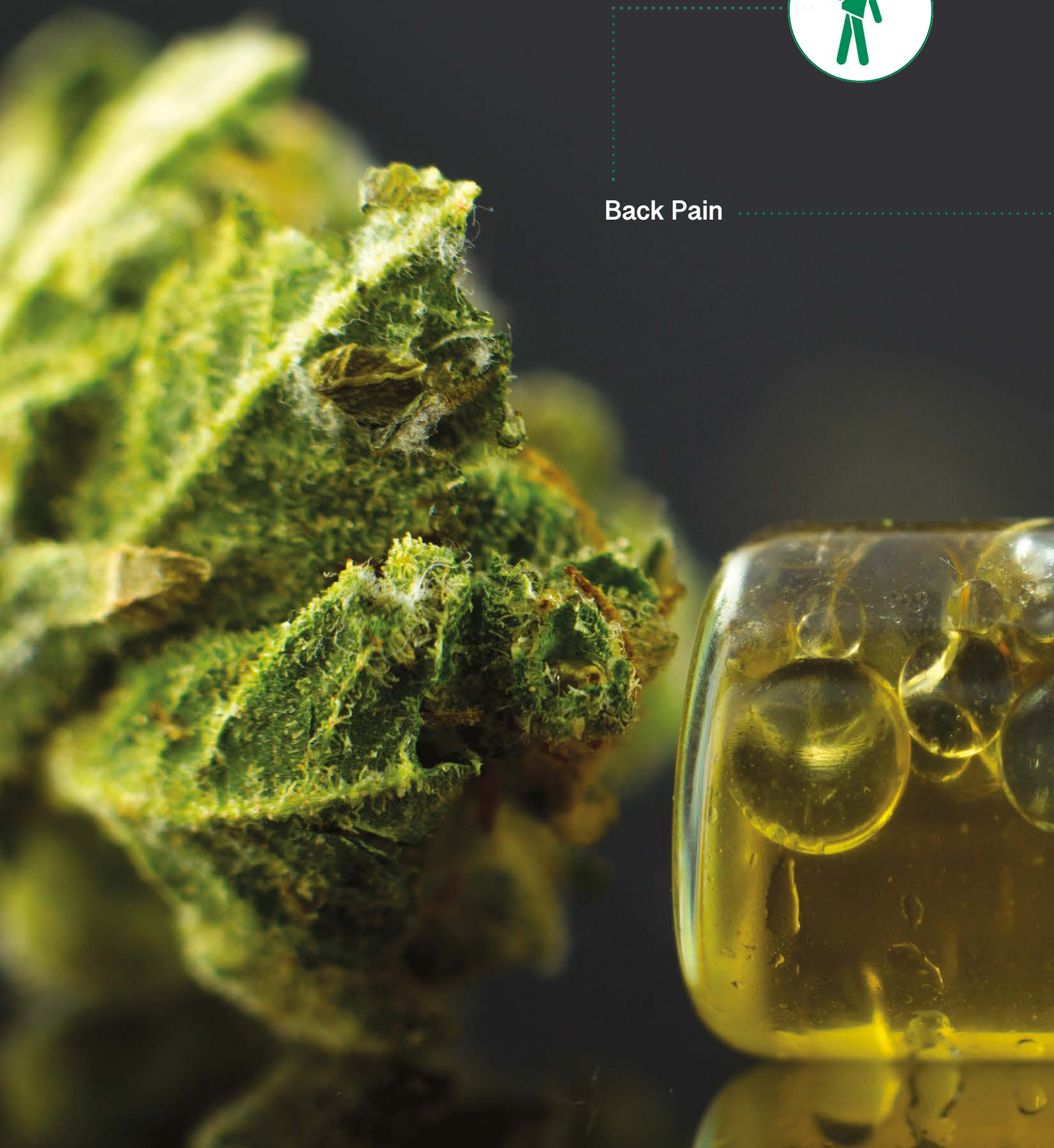


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Back Pain



It's often not possible to identify the cause of back pain. Doctors call this **non-specific back pain**. Sometimes the pain may be from an injury such as a sprain or strain, but often it happens for no apparent reason. It's very rarely caused by anything serious. Occasionally back pain can be caused by a medical condition such as:

- a **slipped (prolapsed) disc** — where a disc of cartilage in the spine presses on a nearby nerve
- **sciatica** — irritation of the nerve that runs from the pelvis to the feet

These conditions tend to cause additional symptoms, such as numbness, weakness or a tingling sensation, and they're treated differently from non-specific back pain.

Seek immediate medical advice if you have:

- numbness/tingling around genitals / buttocks
- difficulty peeing
- loss of bladder or bowel control
- chest pain
- a high temperature
- unintentional weight loss
- a swelling or a deformity in your back
- pain does not improve after resting
- it started after a serious accident
- problems sleeping due to pain
- pain worsens when sneezing, coughing, or during bowel movements
- the pain is coming from the top of your back, between your shoulders, rather than your lower back

Treatment

To the right, you will find two strains that can ease the symptoms of non-specific back pain, prolapsed discs and sciatica. For more information please visit:

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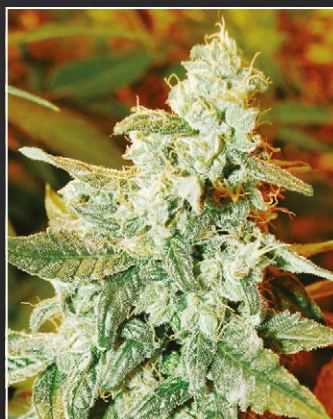
Genetics: Amnesia Haze
x Strawberry Banana

Indica 60% / Sativa 40%

THC: 21+%

CBD: 0.2%

Medical uses: Back pain,
inflammation, muscle spasms,
spasticity, stress, and more



Kush Fromage Auto

Genetics: OG Kush x Cheese
x Ruderalis

Sativa/Indica/Ruderalis Cross

THC: 15%

CBD: Med-high

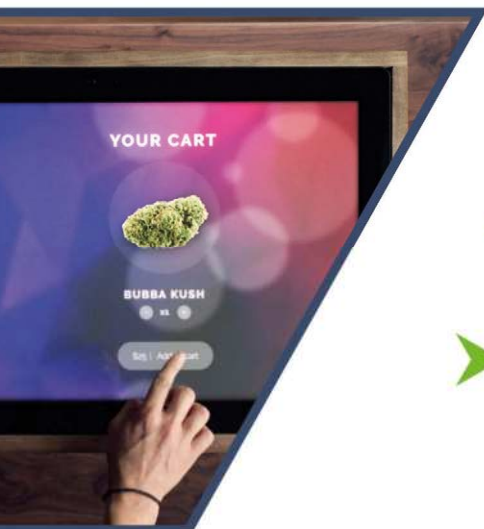
Medical uses: Back pain,
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appetite stimulation, and more

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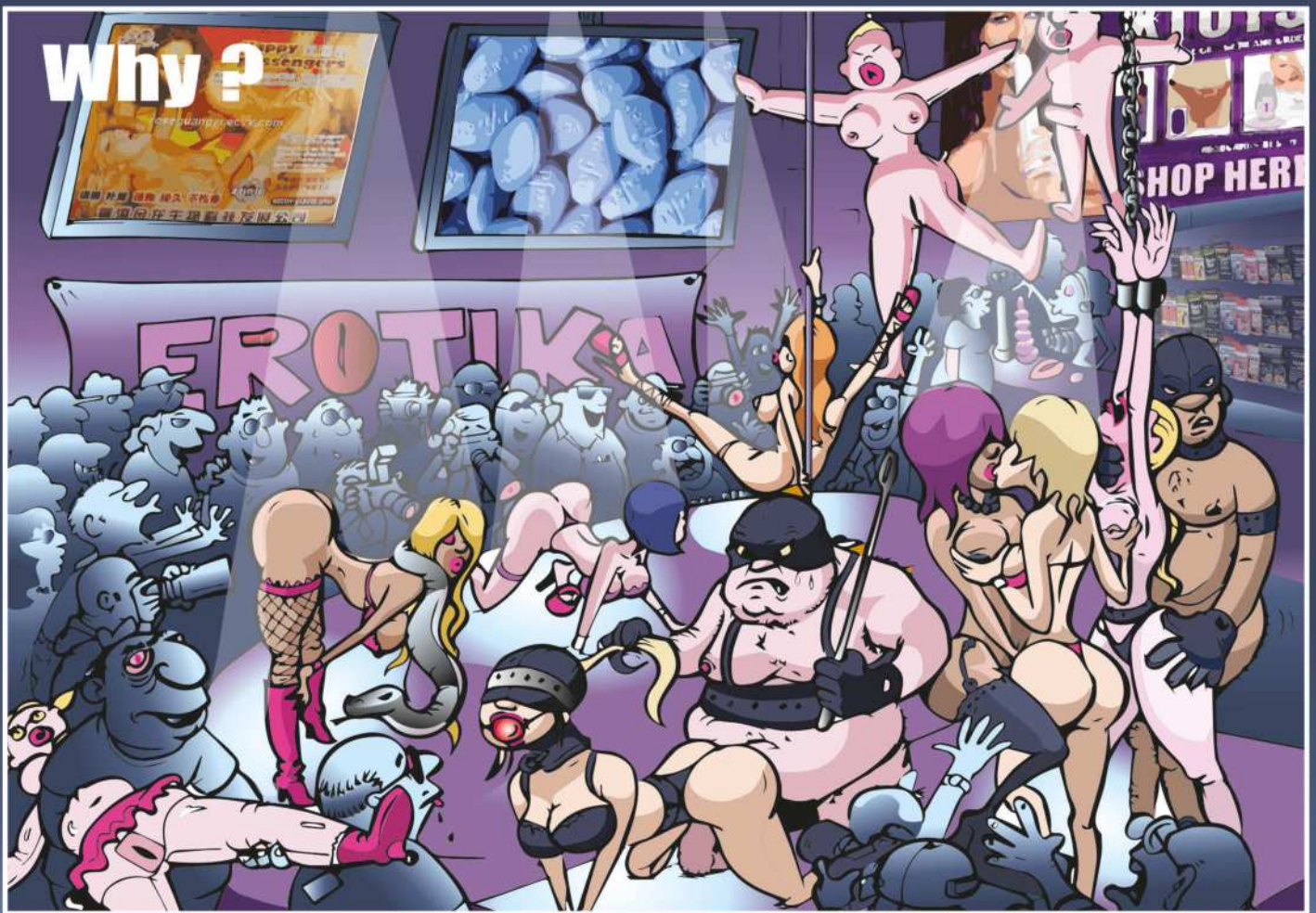
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IS THE GREEN RUSH OVER?

Written by Paul James

Every high has a peak that must come down. Legal cannabis swept through the United States throughout the last decade, creating record sales many didn't think were possible...

but has this green rush come to its end?

Since Colorado legalized recreational cannabis, it's seen a \$7.6 billion profit. ¹ However, wholesale markets have been grappling for stabilization and, in turn, many who initially entered this industry with high hopes are now finding themselves jobless.

In 2018, Colorado saw its highest number of licensed retail growers (a total of 744 according to data from the Colorado Department of Revenue's Marijuana Enforcement Division). Due to the number of people harvesting cannabis, the market rate decreased to a point where it cost more to grow a pound than you could sell it for.

Not to mention a number of state regulations that were put into place - such as mandating pesticide testing and microbial contamination testing - which only worsened the problem. ²

Josh Monroe, the owner of Fat Face Farms in Denver, told The Denver Post, "You have to be agile and able to adapt quickly to the really rapidly changing environment."



³ These words were spoken as he was trying to sell his 6-year-old indoor cannabis operation to one Cannabis One Holdings - another monopolizing big agriculture of the cannabis industry.

Once 2019 came to a close, Colorado's cultivation licenses had dropped 8%, leaving 683 still in operation. And, with that, many are claiming the Green Rush which prospered throughout the last decade is now coming to a close.

Good News for the Consumer, Bad News for Small Businesses

The price of cannabis per pound has been steadily dropping over the last few years. In turn, many consumers are finding their cannabis is available at cheaper and cheaper prices. This may seem like great news - and for those who just want to get high, we guess it is - but there is a darker side to this matter.

Small business is inevitably being pushed out as they can't afford to keep up with production costs at such low sale prices. Beyond production, states such as Colorado also mandate a number of taxes and fees for growers which, in many regards, has gotten to the point of being ridiculous.

Fluctuation in wholesale prices is quite common in this industry. Farmers are well aware that they may make more or less from a year's harvest and are smart about financially planning ahead of time. However, sometimes, unexpected events can alter these plans.

For example, this past October (known as "Croptober" among cultivators) there were two major issues.

1. An early freeze led to a number of plants either having to be plucked prematurely or abandoned altogether.
2. There was a heavy crackdown on illicit operations, putting those who are following the rules at risk of being suspected.

Not to mention, the marketplace is changing as well. Traditionally, when cannabis was only available for medicinal use, people would go to a dispensary to purchase their flower. Nowadays, customers have the option of purchasing cannabis online and having it delivered directly to their homes.

Though there are a few exceptions, the majority of strains being grown are likely to fetch whatever the average market rate is. Due to online shopping, cannabis consumers are well aware of this and digitally hunting down the best deals. As mentioned, this market rate is so low, small-time growers are having a difficult time managing their cultivation operation while reeling in a profit.

Since these growers can't raise their prices - as they may be able to if they were a local dispensary catering only to the community - many are being priced out completely by big cannabis corporations.

Still, even beyond these problems, the cannabis industry always had the reputation of having thin profit margins. This is mainly because the federal government still views the plant as a Schedule I substance and prohibits cannabis businesses from receiving tax deductions other businesses are given. ⁴ Not to mention, there regularly seem to be new rules applied for additional testing - leaving those trying to make a buck paying more and more fees.

Still, Pot is Too Big To Fail

With the above information, some may assume that cannabis holds the potential to crash. Even the statistics seem to point in this direction. In the second quarter of 2019, publicly-traded cannabis companies saw a double-digit loss. 10 of the top cannabis stocks which had a combined value of \$55 billion lost an estimated \$21 billion. ⁵

However, though these losses are telling investors to be wary of inflated valuations, they aren't going to undermine the cannabis industry as a whole. The fact is, cannabis is simply too big of an industry to go under.

The polls have been tallied and a growing majority of Americans agree that cannabis should be legalized. Of course, alongside this, the number of states that approve legalization is also climbing. As more states join the market, the market opens up for new opportunities.

And total U.S. marijuana sales remain projected at \$30 billion by 2024. This makes cannabis the biggest investment opportunity of our times. ⁶

Still, even with these hopes, it's almost certain that the Green Rush is over as much of the hype behind marijuana is boiling down. To give a comparison, consider Black Friday shopping. You're not necessarily checking out your options to see where the best value is, you're buying as you please - almost in a frenzy.

The same thing happened during the Green Rush. People saw that cannabis was legal, jumped onto the bandwagon, and - once everyone got high enough - the tension of this new legal frontier started to die down.

In the financial world, many American investors took to Canada's cannabis market as there were no federal prohibitions against the free market. These investors made market caps incredibly inflated and too many cannabis companies were taking big risks with other people's money. The investors are now suffering the losses.

The bubble has burst.



And this is probably for the better. As companies are now put in a position where they must set priorities and focus on keeping this industry alive.

Hope on the Horizon

"The cannabis industry gets this reputation that it's a business that's flush with cash and creating marijuana millionaires," Mike Lord, director of business development of LivWell, told The Denver Post. "It's a hard business like any other business."

Though many indicate the cannabis market is bound to fall, there are a few who continue to hope for the best. Lord is one of them and he's got his eyes set on a 2019 law that allows cannabis operations to be publically funded. ⁷ This law has already helped some businesses out, like Denver's Medicine Man which now runs and operates a number of independent dispensaries and product manufacturers.

However, many cannabis businesses and farmers are waiting for changes on a federal level. Recently, an initiative known as SAFE Banking Act was introduced that would allow marijuana businesses to gain benefits from bank services, such as loans. ⁸ If this goes through, there's no doubt it would have positive implications for local businesses trying to keep afloat.

But until then, all people can really do is hustle it out and hope for the best.

There is one positive side to the Green Rush's end that is often overlooked. As legalization swept the nation, a bunch of money-hungry entrepreneurs took their attempts in this market. If sales finally stagnate, we set our focuses on safeguarding the future of cannabis rather than pillaging for profit.

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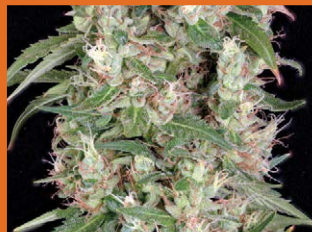
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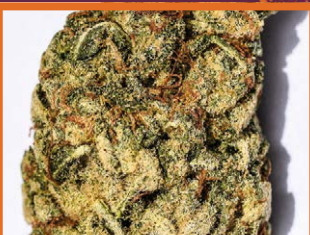
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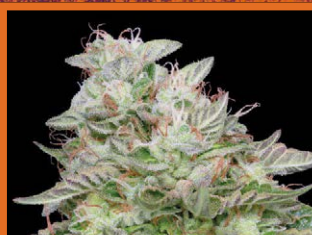
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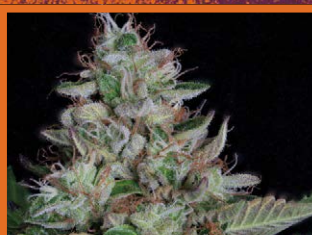
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Catch-22 for Canadians

with US Border Officers

By Ray Mwareya

Residents on a remote Canadian island are distressed that US customs are opening mail to search for traces of cannabis and sometimes seizing packages. The dilemma of geography is that for mail to move around some Canada's remote eastern islands, the truckers must bypass the USA.

So, Canada Post, the country's postal agency, is now pleading with Canadian cannabis retailers and manufacturers to abstain from shipping marijuana to Campobello Island, on Canada's east coast. The call is a result of a US border officers accelerating the number of Canada-originating mail trucks that they stop and search.

Campobello Island, populated with roughly 1000 residents, is situated off the south of New Brunswick, one of Canada's remotest provinces. The island can only be reached thought-out the year by a bridge from the Maine, a nearby American state. So all internal Canadian mail must be routed through the USA.

In 2019, islanders (Canadians) say there has been a sharp uptick of their parcels being conscripted by the U.S. Customs and Border Protection (CBP) authorities. The CBP has right and allowance to detain or frisk any package passing through the United States. The seizure and inspection of mailed packages is soaring. "The community is frustrated and unhappy that their parcels delivered by Canada Post are being opened and contents scanned by US border authorities," complaints Mr. John Williamson, who stands for the island in Canada's parliament. "Mail is confidential and a highly protected method to safely correspond with our doctors, therapists, lawyers etc. That the US border officers are opening envelopes is unsettling."

Canada legalization is the cause

The island's postmaster, Kathleen Case, says she has always seen search and seizure of mail by US border officers especially after 9/11 attacks. This time the pace has accelerated, and Canada's legalization of cannabis in 2018 is suspected to be the cause.

Though recreational smoking or use of marijuana is legal in the American state of Maine, ferrying marijuana over the border is an offence. Ahead of legalization in 2018 Canada post was pro-active and planned with the US border officers to stamp a "seal" on Canada mail trucks to Campobello Island as a way of preventing mail from being frisked and opened, says Anita Anand, Canada's public services minister.

"Vehicles are being stopped, mail searched and sometimes seized," the minister says.

So in October last year Canada Post send letters to marijuana producers, pleading with them to stop shipments of cannabis entirely to Campobello Island. The Cannabis New Brunswick, which is the licensed retailer of marijuana which has jurisdiction over Campobello Island, says it has paused shipments in-line with Canada Post request. However, US border searches persist.

Negotiations between Canada Post and US border officers are progressing. "Our goal is to provide timely and reliable service to the residents of the island," said Phil Legault, a Canada Post spokesperson. "While this delivery method has been in place for many years without issue, we are continuing to monitor our approach."

The Mayor of Campobello Island, Mr. Brett Newman, says locals are saddened and want Canada government to put an end to the mail searches. "The Canadian government has made very little effort to fix this problem and seems to be all right with United States doing as they wish with Canadians' mail."

He says residents wishes are to have a year-round ferry service between the island and mainland so that mail cannot be routed through America. However, Mr. Williamson the lawmaker, says Canada's government is "tone deaf" to requests for a year-round ferry to the island. "I feel that I am being neglected by my own government and its responsibility. The only way for us to receive unimpeded access to Canadian goods and services is to have a link to Canada. We don't have one. I don't blame American border officers for enforcing their cannabis laws but we have been left to fend for ourselves by our own Canada government."

Mail that is supposed to be internal and moving inside Canada being searched by US border officers is a vexing dilemma admitted Steven MacKinnon, the parliamentary secretary to Canada public services minister.

"I sympathize with residents. The province must suggest solutions. As a government we will support solutions to resolve the mail searches."



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Cannabinoids for Nausea & Vomiting in adults with Cancer Receiving Chemotherapy

Cannabis has a long history of medicinal use. Cannabis-based medications (cannabinoids) are based on its active element, delta-9-tetrahydrocannabinol (THC), and have been approved for medical purposes. Cannabinoids may be a useful therapeutic option for people with chemotherapy-induced nausea and vomiting that respond poorly to commonly used anti-emetic agents (anti-sickness drugs). However, unpleasant adverse effects may limit their widespread use.

OBJECTIVES

To evaluate the effectiveness and tolerability of cannabis-based medications for chemotherapy-induced nausea and vomiting in adults with cancer.

MAIN RESULTS

We included 23 RCTs (randomised controlled trials). Most were of cross-over design, on adults undergoing a variety of chemotherapeutic regimens ranging from moderate to high emetic potential for a variety of cancers. The majority of the studies were at risk of bias due to either lack of allocation concealment or attrition. Trials were conducted between 1975 and 1991. No trials involved comparison with newer anti-emetic drugs such as ondansetron.

Comparison with placebo People had more chance of reporting complete absence of vomiting (3 trials; 168 participants; RR 5.7; 95% CI 2.6 to 12.6; low quality evidence) and complete absence of nausea and vomiting (3 trials; 288 participants; RR 2.9; 95% CI 1.8 to 4.7; moderate quality evidence) when they received cannabinoids compared with placebo. The percentage of variability in effect estimates that was due to heterogeneity rather than chance was not important ($I(2) = 0\%$ in both analyses). People had more chance of withdrawing due to an adverse event (2 trials; 276 participants; RR 6.9; 95% CI 1.96 to 24; $I(2) = 0\%$; very low quality evidence) and less chance of withdrawing due to lack of efficacy when they received cannabinoids, compared with placebo (1 trial; 228 participants; RR 0.05; 95% CI 0.0 to 0.89; low quality evidence). In addition, people had more chance of 'feeling high' when they received cannabinoids compared with placebo (3 trials; 137 participants; RR 31; 95% CI 6.4 to 152; $I(2) = 0\%$). People reported a preference for cannabinoids rather than placebo (2 trials; 256 participants; RR 4.8; 95% CI 1.7 to 13; low quality evidence).

Comparison with other anti-emetics There was no evidence of a difference between cannabinoids and prochlorperazine in the proportion of participants reporting no nausea (5 trials; 258 participants; RR 1.5; 95% CI 0.67 to 3.2; $I(2) = 63\%$; low quality evidence), no vomiting (4 trials; 209 participants; RR 1.11; 95% CI 0.86 to 1.44; $I(2) = 0\%$; moderate quality evidence), or complete absence of nausea and vomiting (4 trials; 414 participants; RR

2.0; 95% CI 0.74 to 5.4; $I(2) = 60\%$; low quality evidence). Sensitivity analysis where the two parallel group trials were pooled after removal of the five cross-over trials showed no difference (RR 1.1; 95% CI 0.70 to 1.7) with no heterogeneity ($I(2) = 0\%$). People had more chance of withdrawing due to an adverse event (5 trials; 664 participants; RR 3.9; 95% CI 1.3 to 12; $I(2) = 17\%$; low quality evidence), due to lack of efficacy (1 trial; 42 participants; RR 3.5; 95% CI 1.4 to 8.9; very low quality evidence) and for any reason (1 trial; 42 participants; RR 3.5; 95% CI 1.4 to 8.9; low quality evidence) when they received cannabinoids compared with prochlorperazine. People had more chance of reporting dizziness (7 trials; 675 participants; RR 2.4; 95% CI 1.8 to 3.1; $I(2) = 12\%$), dysphoria (3 trials; 192 participants; RR 7.2; 95% CI 1.3 to 39; $I(2) = 0\%$), euphoria (2 trials; 280 participants; RR 18; 95% CI 2.4 to 133; $I(2) = 0\%$), 'feeling high' (4 trials; 389 participants; RR 6.2; 95% CI 3.5 to 11; $I(2) = 0\%$) and sedation (8 trials; 947 participants; RR 1.4; 95% CI 1.2 to 1.8; $I(2) = 31\%$), with significantly more participants reporting the incidence of these adverse events with cannabinoids compared with prochlorperazine.

People reported a preference for cannabinoids rather than prochlorperazine (7 trials; 695 participants; RR 3.3; 95% CI 2.2 to 4.8; $I(2) = 51\%$; low quality evidence). In comparisons with metoclopramide, domperidone and chlorpromazine, there was weaker evidence, based on fewer trials and participants, for higher incidence of dizziness with cannabinoids. Two trials with 141 participants compared an anti-emetic drug alone with a cannabinoid added to the anti-emetic drug. There was no evidence of differences between groups; however, the majority of the analyses were based on one small trial with few events.

QUALITY OF THE EVIDENCE

The trials were generally at low to moderate risk of bias in terms of how they were designed and do not reflect current chemotherapy and anti-emetic treatment regimens. Furthermore, the quality of evidence arising from meta-analyses was graded as low for the majority of the outcomes analysed, indicating that we are not very confident in our ability to say how well the medications worked. Further research is likely to have an important impact on the results.

AUTHORS' CONCLUSIONS

Cannabis-based medications may be useful for treating refractory chemotherapy-induced nausea and vomiting. However, methodological limitations of the trials limit our conclusions and further research reflecting current chemotherapy regimens and newer anti-emetic drugs is likely to modify these conclusions.

Source: <https://www.ncbi.nlm.nih.gov/pubmed/26561338>

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YIELD PER PLANT: UP TO 6LBS

GERMINATION 96% | FEMINIZATION RATE: 99.9%



MED/HIGH CBD

YIELD PER PLANT: UP TO 6LBS

GERMINATION 99% | FEMINIZATION RATE: 99.9%



MED/HIGH CBD

YIELD PER PLANT: UP TO 7.5LBS

GERMINATION 96% | FEMINIZATION RATE: 99.9%



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YIELD PER PLANT: UP TO 1LB

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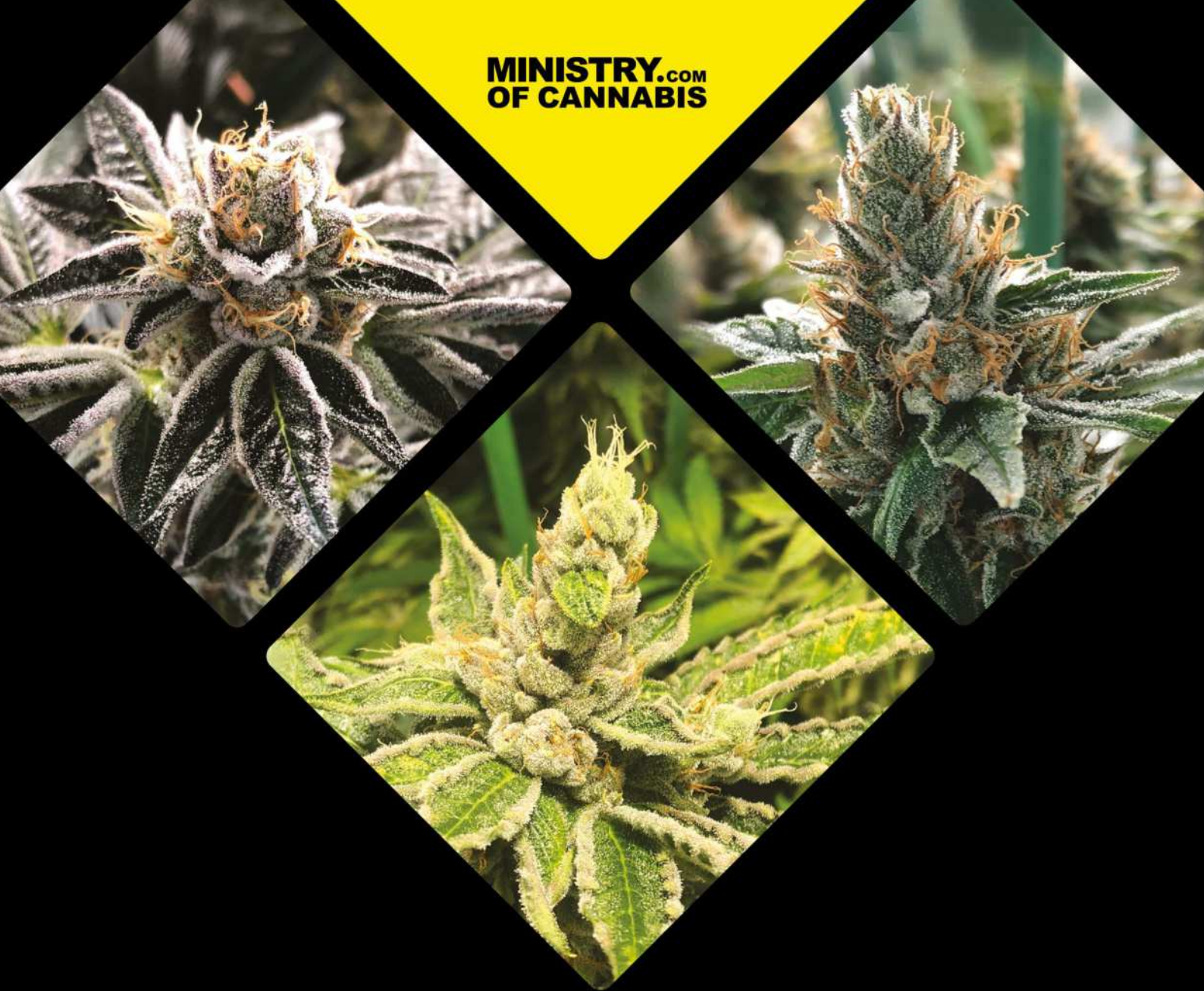
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Why **CBD** and **Yoga** are a Match Made in Heaven

By Bethan Bee Rose

Are you ready to crank the “Zen” in your life up a notch? If so, a CBD-inspired yoga routine could be just what you need. CBD – or ‘cannabidiol’ as it is known in the world of science – is a naturally-occurring derivative of the cannabis plant. Found in copious amounts in the non-psychoactive hemp strain, CBD will not get you “high” as such, but it could potentially assist you in ascending to higher realms of consciousness and overall well being.

While this versatile cannabinoid is commonly known for its anti-epileptic, anti-insomnia and analgesic qualities, CBD is also emerging as a wonderful complement to yoga. This ancient spiritual practice is enjoyed by some 300 million people around the world; of this amount, an estimated 460,000 “yogis” are rolling out their mats in the United Kingdom.

Both CBD and yoga constitute ever-growing segments of the U.K. retail sector. By the year 2025, CBD is estimated to become a £1 billion industry in Great Britain. The yoga market, on the other hand, was valued in excess of £875 million in 2018; inflating 2.1% from the previous year. Put the two together and you’ve got something really special.

How can yoga enhance a person’s daily life?

Some 5,000 years ago, yoga sprouted out of a Northern Indian region; it was believed to have originated amidst the rise of the Indus-Sarasvati civilization. The mindful practice focuses on the balancing of the human body’s energy centers (Chakras). It involves breathwork (pranayama) and postures (Asana) that soothe the mind, body and soul.

Interestingly, cannabis and yoga may have had some association way back when the spiritual art first manifested in ancient India. How, you ask? Well, in the sacred Hindu spiritual texts known as “The Vedas,” cannabis is referred to as being one of the five sacred plants; according to the sacred text, the leaves of cannabis plants symbolize guardian angels. Also known as “Rig Veda”, The Vedas was the first to officially mention the practice of yoga. Included in the collection of texts are a profusion of songs, mantras and rituals; commonly used by Vedic priests known as Brahmins.

The ancient texts spotlight the cannabis plant as an abundant source of happiness. The Vedas claimed that cannabis was put on Earth specifically for human consumption; to provide humans with feelings of joy, elation and freedom from anything that might hold them back, such as fear, sadness or worry. Considering the fact that the Sanskrit word “yoga” translates to “unite” or “to be made whole,” it seems that cannabis and yoga go hand-

in-hand. Combining the two – in the form of CBD yoga – could effectively ease the mind and enable you to tap into a never-ending source of personal potential.

Why is the CBD yoga trend catching on?

When you consider the fact that yoga offers a way to boost flexibility, strengthen the immune system and restore imbalances in the body, it makes sense that CBD would be the perfect partner for this practice. Factually, CBD has been proven to offer similar effects to those produced by yogic breathing techniques and poses.

Let’s take a look at some of the rewards you could reap if you combine CBD with regular yoga sessions:

Target the Body’s Energy Zones - We all have seven chakras that sit in different areas of the spinal column; the root chakra, the sacral chakra, the solar plexus chakra, the heart chakra, the throat chakra, the third eye chakra and lastly the crown chakra. When these circular vortexes of energy are not aligned, imbalances or blockages in your body’s natural flow of energy will occur. This means that you may endure mood swings, negative thoughts, anxiety and feelings of hopelessness. Yoga is an excellent way to balance your chakras and, when practiced with CBD, you can increase the chances of opening your crown chakra. As a natural anxiolytic, CBD can instill feelings of calm and potentially aid you in your meditative yoga sessions. After all, you need to be calm in order to meditate and unblock these all-important swirling wheels of energy!

A Clearer Mind - Dealing with the stresses of daily life can take a toll on your mental health if you’re not careful. Fear not, because by ingesting some CBD before yoga workouts, you can ease the mind and learn to take control of your thoughts. Want the proof? A study published in the journal *Complementary Therapies in Medicine* revealed that “stress, anxiety and quality of life scores improved” among individuals who attended weekly healthy yoga sessions. In regards to using CBD for a clear mind, a 2010 study discovered that anxiety levels reduced significantly in patients who received an oral dose of CBD. What’s more, study subjects reported improvement in emotions,



motivation, self-control and setting achievable goals after using CBD.

Get a Leaner Body - You may have noticed that most yogis have a lean physique. This is because many yoga poses involve stretching the limbs and holding particular poses for a certain period of time. Ultimately, this results in more toned muscles and lower body fat percentage; combined with a healthy diet. Add CBD to the mix and you'll be sculpting your body in no time. Research has proven that this cannabinoid is a natural anti-catabolic, meaning that it can reduce muscle mass breakdown and simplify the process of building more muscle.

Establish a Deeper Connection - Whether you choose to use CBD before, during or after yoga session, this cannabinoid's soothing and calming effects may aid you in establishing a deeper connection with the "divine". The non-psychoactive cannabinoid is favored for its ability to improve focus and concentration; two essential qualities for any yogi. CBD has even been studied for its efficacy at relieving the symptoms of attention-deficit hyperactivity disorder, suggesting that it could help you to focus and connect with the energies of the universe through yoga.

Stimulate the Endocannabinoid System (ECS) - An intricate network of receptors can be found scattered around the human body; known as the endocannabinoid system (ECS). The ECS is responsible for regulating the body's physiological processes. When it is out-of-sync, you may endure problems with the digestive system, nervous system and brain. Not to worry, because CBD has got your back. When consumed before practicing mindfulness with yoga, you're guaranteed to feel brand new!

Improve Yoga Adaptation - When CBD enters the body, it indirectly reacts with and triggers receptors inside the ECS; including receptors associated with pain and inflammation. With that being said, your body should feel more supple if you master the top yoga poses – like the Downward Dog (Adho Mukha Svanasana), Cat/Cow: (Marjaryasana/Bitilasana) and Knees-to-Chest (Apasana) – in combination with CBD.

Gain Relief From Pre-existing Conditions - In the 33 U.S. states that have legalized medical cannabis, a vast proportion of registered patients are relying on CBD to relieve aches, pains and various other ailments. A study published in the British Journal of Pharmacology in 2013 demonstrated the efficacy of CBD in reducing neuropathic pain among cancer patients. A separate study published in the journal Frontiers in Pharmacology in 2018 indicated that the cannabinoid possesses neuroprotective qualities. The findings of these studies – among many others – tell us that the CBD's properties may prove useful for individuals who want to practice yoga, but suffer from a pre-existing condition.

Restore Chemical Imbalances - Did you know that chemical imbalances are often the root cause of mental health disorders, like anxiety and depression? The main goal of the ECS is to promote homeostasis and when this is disturbed, chemical imbalances may arise. On the plus side, the ECS – also known as the 'Endogenous Cannabinoid System' – works incredibly well with CBD at regulating neurotransmitters throughout the body; thus allowing you to fully release any negative feelings and energies ahead of your yoga session.

Promote faster healing - Some of the more advanced yoga poses – such as Prasarita Padottanasana (wide stance forward bend), Supta Virasana (reclining hero) and Parivritta Trikonasana (reverse triangle) – may result in torn or overstretched muscles. The great thing about using CBD for yoga is that the cannabis-derived chemical could speed up the healing process, since the cannabinoid is a natural anti-inflammatory.

How much CBD should I take when practicing yoga?

What suffices as a suitable dosage for one person may not necessarily satisfy another. You don't have to be a scientist to understand that we are all unique; not just personality-wise but also, deep within our biochemistry. Numerous factors tend to play a role in CBD's effects, including genetics, age, weight, gender and tolerance to the cannabinoid. On that note, it's not feasible to expect a 'one-size-fits-all' approach when it comes to using CBD for yoga. While it may be a case of trial-and-error to fully determine what dosage works for you, the best advice for first-time consumers is to "start low and go slow"; a slogan that many CBD suppliers use to inform their customers.

Use CBD oil regularly or daily for the best results. Simply drop some oil onto/under your tongue using a tincture and meditate – inhaling and exhaling deeply – for five minutes. You may also want to keep a journal and note down how you feel after consuming a specific dosage; refer to the journal as a means of figuring out what works specifically for you.

Beginners are advised to consume 5-20 milligrams, whereas individuals who crave a deeper state of relaxation should opt for a 30-60 mg portion size of CBD. When in doubt, consult with your healthcare physician or doctor before using CBD and/or other supplements.

Should I be cautious about using CBD for yoga?

Since the evidence to prove CBD's safety and efficacy as a yoga supplement is scarce, it's important that you practice caution when buying CBD. Always seek out reputable and licensed sellers who conduct lab testing on all of their products; request to see a Certificate of Analysis (COA) or third-party lab test results.

Pregnant women who are hoping to amplify the results of their prenatal yoga practice ought to steer clear of CBD products until scientists learn more about them. Currently, scientists are unaware of the way(s) in which CBD reacts with pregnancy hormones; the same applies for breastfeeding females.

Individuals who are required to undergo drug testing for their job may also want to avoid using CBD for yoga; when derived from cannabis, CBD may still contain traces of the psychoactive compound THC (tetrahydrocannabinol). On the other hand, hemp-derived CBD usually contains less than 0.3% THC and therefore would be the safer option.

A final consideration for first-time CBD consumers relates to the use of alternative substances and medications; the cannabinoid acts as a blood thinner and could potentially intensify the effects of anti-anxiety drugs and or anti-depression medications.

Gelato #33



THC
25%

INDOOR

- ↑ 90-120 cm
- ⬆ 550 - 600 g/m²

OUTDOOR

- ↑ 2,0 - 2,5 m
- 🌞 15 - 30 Sept.

Sunset Sherbert x G.S.C. Thin Mints

Wonderful plant with a high level of THC. You will have a large plant and an impressive production of resin. Sweet aromas with citrus and earthy touches.

Find your nearest retailer in www.advancedseeds.com

USA “Super strong”, XL autoflowering, CBD-rich...

These are just some of the new Sweet Seeds® strains for its 15th anniversary.

With the start of a new sweet decade we celebrate our 15th anniversary! Fifteen years of passion, work and research dedicated to our beloved plant. When we see that our strains are chosen by millions of cannagrowers worldwide, we are truly filled with pride. Friends, clients and colleagues: THANK YOU! We hope to celebrate many more years by your side and that year after year we also keep delighting your connoisseur palates with our genetics.

In this year 2020 we bring you eight amazing news that will most likely have an impact on you.

Our first release is a CBD-rich autoflowering strain, with very low THC levels, that will fascinate you with the beauty offered by its red flowers.

Red Pure Auto CBD® (SWS81) is a plant with indica appearance and a relaxing and anxiolytic effect. This strain is the result of the cross between our **Sweet Pure CBD® (SWS65)**, our first “CBD pure” strain, released in 2018, and our **Red Poison Auto® (SWS39)**. Medical growers: here you have your red-flowered CBD strain with low THC levels.

The second and third new strains come from the hands of our powerful **Gorilla Girl® (SWS74)**, a strain that can reach THC levels of up to 31%. So if your preferences go to the “Super Strong” genetics, here we introduce you to two of your future favorite strains: the lush, autoflowering, tall-stemmed **Gorilla Girl XL Auto® (SWS82)** and the ultrafast **Gorilla Girl F1 Fast Version® (SWS86)**.

Both come from the hybridization between one of our most powerful genetics from the Cookies family, **Gorilla Girl®** and our resinous Sweet Gelato Auto® (SWS76). Due to the high THC levels of **Gorilla Girl XL Auto®** and **Gorilla Girl F1 Fast Version®**, you will experience a powerful effect with intense aromas and a deliciously sweet taste.

Do you want to know more about them?

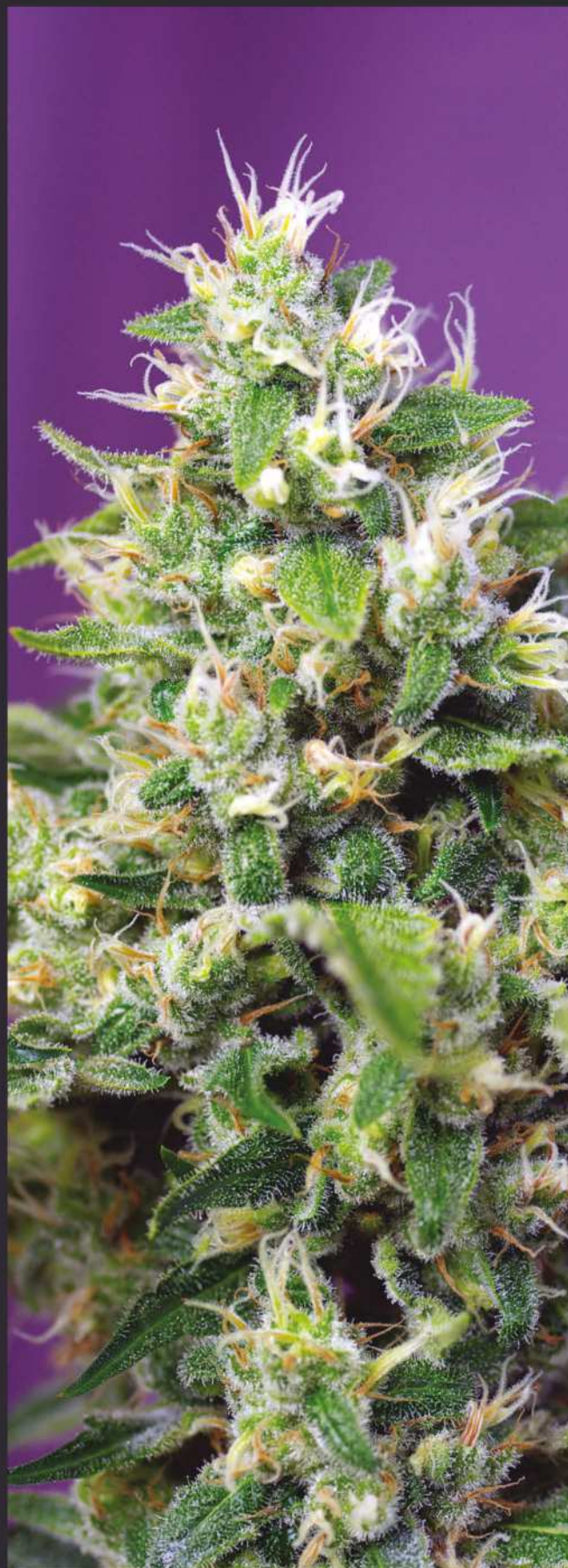
Gorilla Girl XL Auto®: an impressive high-sized autoflowering strain that produces plants reaching up to 60-120 cm in height, with large buds full of abundant resin that you can harvest in 9 weeks from germination.

Gorilla Girl F1 Fast Version®: you can harvest this strain in a record time, shortening up to two weeks of flowering compared to the photoperiod-dependent version **Gorilla Girl®**.

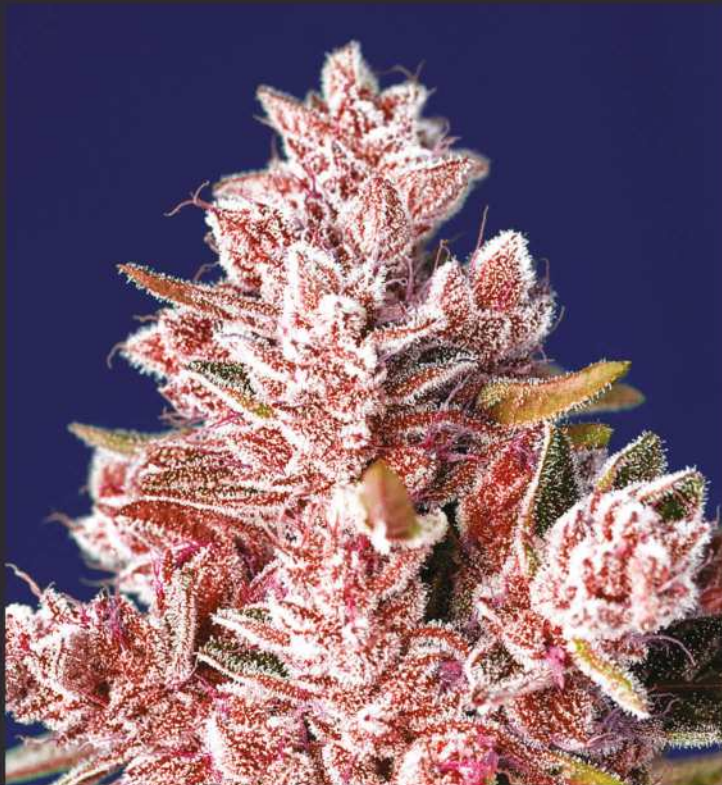
Now you just have to choose between them and tell us your opinion. But we don't finish here. There's a lot more to tell you.

The fourth new strain is still within the “Super Strong” line. Our delicious **Red Hot Cookies® (SWS83)** features excellent genetics coming from the cross between a selected clone of Tropicanna Cookies (Girl Scout Cookies x Tangie) and a selected clone of a potent American strain, Tangie. For this breeding program, we selected excellent parents with the desired red flowered phenotype, accomplishing the goal of having 60% of the offspring presenting this precious feature, which usually shows up in the last weeks of the flowering stage.

Red Hot Cookies® can reach up to 25% THC providing delicious, deep and dense aromas and flavors, along with shades of tangerine,



SWEET AMNESIA HAZE XL AUTO® (SWS57)



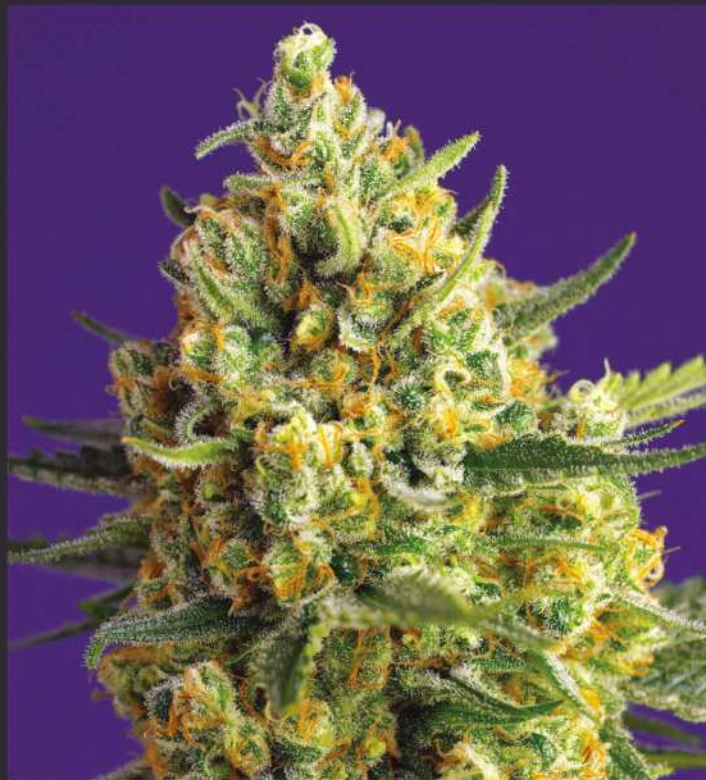
SWEET ZKITTLEZ® (SWS84)



SWEET ZKITTLEZ® (SWS84)



RED PURE AUTO CBD® (SWS81)



CRYSTAL CANDY XL AUTO® (SWS87)

mango and a touch of berries.

The fifth new strain, also within the “Super Strong” line, is **Tropicanna Poison F1 Fast Version® (SWS85)**. This is a photoperiod-dependent strain that features ultrafast flowering and produces beautiful red flowers. It comes from one of the most famous “Super Strong” USA varieties from the Cookies family.

This strain smells and tastes like sweet mangoes with earthy and woody touches along a soft Skunk background. It is result of the cross between a selected Tropicanna Cookies elite clone from a red-flowered phenotype and our red-flowered autoflowering **Red Poison Auto® (SWS39)**.

Tropicanna Poison F1 Fast Version® is a very high yielder: it can reach up to 24% THC and you will have it ready to harvest with about 6 to 7 weeks of flowering.

But wait, the sixth new strain will also surprise you: are you a lover of American genetics and also addicted to the famous Skittles candies?

Yes, you guessed it, our **Sweet Zkittlez® (SWS84)** is here and you'll love it. **Sweet Zkittlez®** is the result of the cross between a selected elite clone of one of the most powerful genetics from the West Coast of the United States, the famous Zkittlez, with a selected clone of Grape Ape.

Sweet Zkittlez® is a mainly indica plant with a relaxing effect. But in turn, it is also stimulating: you will notice it mostly in terms of creativity stimulation and as a catalyst to some interesting conversations with your friends, which are common and appreciable characteristics in sativa varieties. The flowers are full of terpenes and feature exquisite sweet tastes and aromas with fruity caramel tones.

To finish the sweet show, our seventh and eighth new strains represent the ginormous celebration of our 15th anniversary. Two of our most demanded genetics, now in XL version: **Sweet Amnesia Haze XL Auto® (SWS57)** and **Crystal Candy XL Auto® (SWS87)**.

Sweet Amnesia Haze XL Auto® is a big-sized autoflowering strain that produces a lot of resin with musky and sweet aromas. It is a sativa dominant plant that can reach levels of up to 15-20% THC with a height that usually stands around 60-120 cm. This strain was developed from an Amnesia Haze clone called “Cordobesa”, crossed with our S.A.D. **Sweet Afghani Delicious Auto® (SWS24)**.

Crystal Candy XL Auto® (SWS87), is also a member of the XL family and was developed within a special program of the Sweet Seeds® R&D Department, focused in the search of curious and delicious sweet aromas that resemble the special moment of stepping into a candy shop. This mainly indica strain, with THC levels that vary between 14% and 19% is the result of the cross between a selection of big-sized specimens of our **Crystal Candy Auto® (SWS61)**.

With **Crystal Candy XL Auto®** you will get a plant that can exceed one meter in height while producing large buds fully loaded with aromatic resin.

These are our eight new strains for this year 2020. We hope you enjoy them and you are very welcome to send us your feedback. We love to know about your impressions, feelings and experiences.

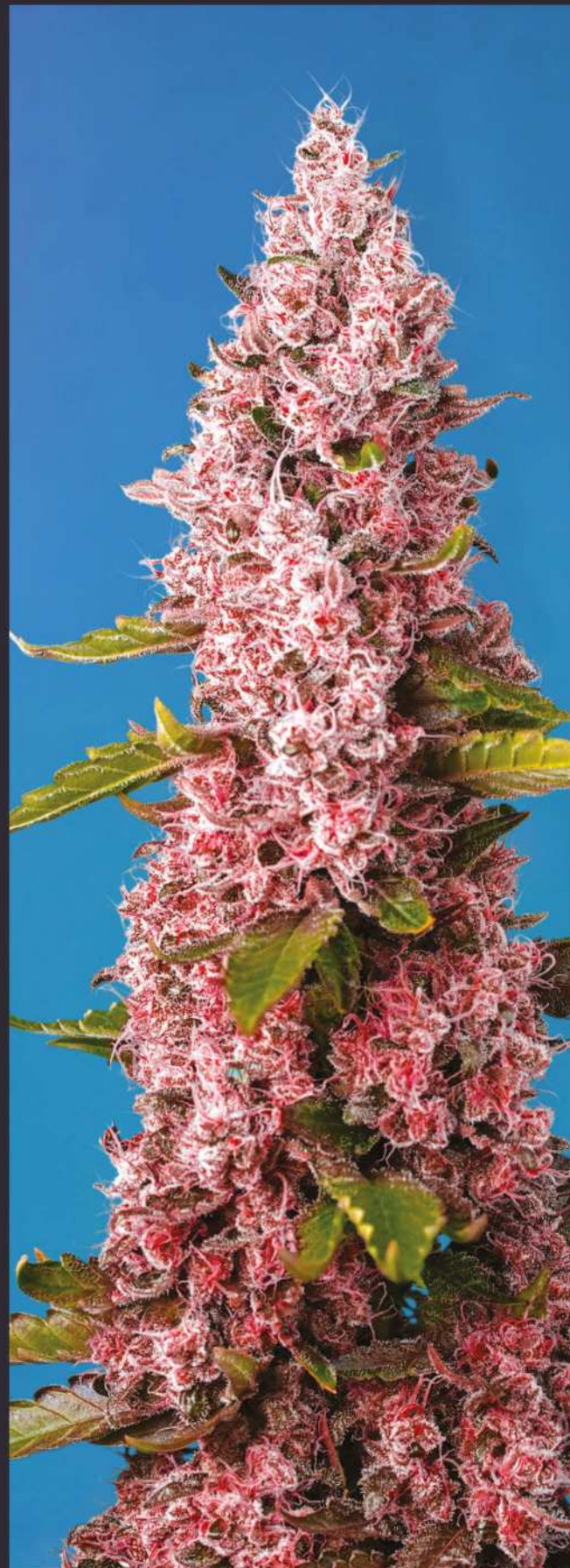
Before we say goodbye, we would like to thank you for all the trust and support that you give us every day. Our greatest reward is to put at your disposal our love and passion for our beloved cannabis plant.

You can keep enjoying our strains with the special promotion of 1 and 2 free seeds in all packets of 3 and 5 seeds respectively. You can also enjoy our 25 and 100 seeds packaging formats, available for some of our varieties.

We hope that these 8 new strains can meet your expectations and give you sweet and delicious smokes. Cheers to all our friends! Sweet Seeds®



sweetseeds.com or visit our Facebook page: facebook.com/pages/Sweet-Seeds



RED HOT COOKIES® (SWS83)



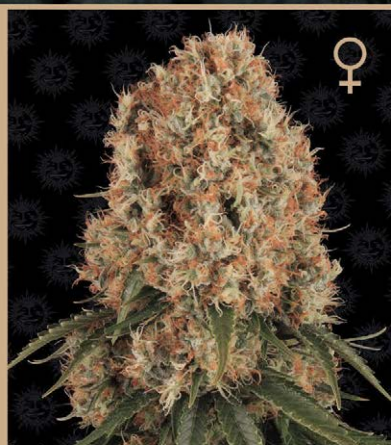


**BARNEY'S
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SINCE 1986

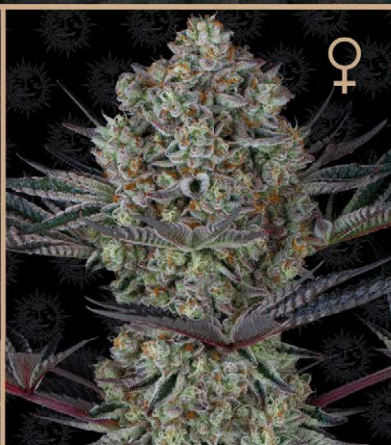
New **TROPICANNA BANANA™**



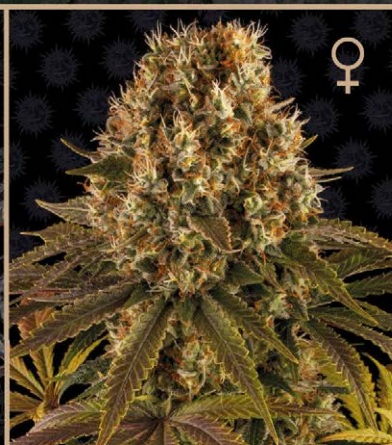
FIND YOUR NEAREST WHOLESALER & RETAILER WWW.BARNEYSFARM.COM



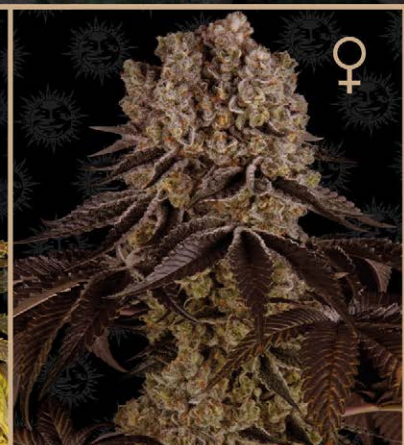
 **ORANGE SHERBERT** 



 **DOS SI DOS 33** 



 **STRAWBERRY LEMONADE** 



 **PURPLE PUNCH**

QUICK DINAMED CBD

STRAIN REPORT

The quickest photo-dependent, pure CBD strain.



Quick Dinamed CBD is a feminized marijuana strain with a short flowering period. She's a pure CBD genetic, with almost imperceptible THC content, whose best attributes are her speed and cannabidiol production. Born from the cross between a Dinamed CBD Plus and a male Dinamed CBD Auto, Quick Dinamed CBD's flowering time has been reduced by one to two weeks, which makes her the quickest photo-dependent, pure CBD strain on Dinafem Seeds' catalogue.

MORPHOLOGY

Quick Dinamed CBD is a compact, medium-height plant. Her internodes are short, and most of the buds concentrate on her central stem. Her leaves are wide and fleshy, which gives her a bushy appearance typical of pure Indicas.

YIELD

Quick Dinamed CBD is a good yielder. She produces a greater amount of buds than her automatic version, Dinamed CBD Auto, and she has no reason to be jealous of her predecessor Dinamed CBD. The most remarkable aspect of her crop is the high concentration of cannabidiol in her flowers. Her CBD levels are generous and range between 14 and 18%, which translates into great amounts of cannabidiol in just one harvest.

Her high CBD levels make Quick Dinamed CBD a perfect candidate for cannabidiol extraction. For instance, if the aim of the crop is CBD oil production, then Quick Dinamed CBD is the best genetic for the job.

AROMAS AND FLAVOURS

The predominant terpene in this strain is myrcene, which bestows Quick Dinamed CBD with an earthy aroma, alongside woody and citric notes.

EFFECTS

Quick Dinamed CBD delivers complete and utter relaxation due to her high levels of the narcotic myrcene, and the relaxing CBD. Both compounds also showcase anti-inflammatory properties, which make this strain ideal for the

alleviation of both mental and physical tension.

CULTIVATION

Quick Dinamed CBD's most outstanding trait is her speed. As her name suggests, she's the quick version of Dinamed CBD, the CBD queen on Dinafem Seeds' catalogue. But being photo-dependent makes her even more special. She's not an autoflowering plant that flowers around 30 days after germination, but rather a photo-dependent strain that starts to flower upon a photoperiod change based on a reduction of hours of light. The flowering time of this Quick strain is one or two weeks shorter than that of her feminized version. While Dinamed CBD's estimated flowering time is around 60 days, Quick Dinamed CBD's doesn't exceed 53.

Her speed is particularly relevant when she's grown outdoors, and especially in cold climates, because this prevents the climate risks associated to the last weeks before harvest. This means that the plant can be cut a couple of weeks earlier, thus avoiding autumn rains.

Quick Dinamed CBD is more cost-effective when grown indoors, as more crops can be cultivated per year for a given space. This means that annual yields are more plentiful with the Quick version.

Sex: Feminized

Genotype: 45% Indica / 55% Sativa

Cross: Dinamed CBD Plus x Dinamed CBD Autoflowering

Suitable for: Indoors and outdoors

Indoor flowering: 48-53 days

Indoor yield: 500 g/m²

Outdoor harvest time: Mid-September / Late September

Outdoor yield: 1000 g/plant

Outdoor height: 3 m

THC: 0.5-0.8%

CBD: 14-18%

DINAFEM.ORG

WPE



What is Whole Plant Extract?

"Whole plant" means exactly what it says. You will find everything from the plant blended together; the leaves, trichomes, terpenes and the flowers to maintain and support a healthier lifestyle. Our products contain 1000mg+ Full Spectrum CBD!

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Our Organic Topical Balm contains other organically sourced ingredients too, such as Arnica, Aloe Vera, Chamomile and Comfrey. They all work in harmony, increasing the beneficial effects of the balm.

WPE CBD Product Range

Organic Topical Balm

Our **Balm** is oil-based, so absorbs more quickly into the skin.

Organic CBD Tincture

Our **Tincture** is designed to be ingested to maintain a healthy diet.

**PRICE
DROP!**



OUR PRODUCTS COMPLY WITH MHRA, FSA AND IFS FOOD STANDARDS.

Medical use of cannabis in Switzerland: Analysis of Approved Exceptional Licences

Cannabinoids have been used to treat chronic pain, spasticity, nausea, and other symptoms since the middle of the 19th century [1, 2]. The chemical characterisation of the psychoactive substance delta-9-tetrahydrocannabinol (THC) in 1964 laid the foundation for the scientific study of cannabinoids [3]. Subsequently it became clear that the effects of THC are due to the activation of endogenous cannabinoid receptors within a newly discovered endocannabinoid system (ECS) [4]. More recently, the ECS has been associated with an increasing number of functional pathways, both in the central and peripheral nervous systems and in peripheral organs, and the ECS has emerged as a target of pharmacotherapy [5–10].

Endocannabinoids naturally produced in the body, for example in stress situations, modulate the ECS system and affect inflammation and the sensation of pain [7, 11]. In the 1970s, the effect of THC on pain was compared to that of codeine [12], and more recent studies showed that THC is equivalent to conventional analgesics [13]. Studies in cancer patients found that cannabinoids improved appetite, reduced emesis and nausea, and improved quality of life [14–16]. Cannabinoids have also been shown to be effective in neuropathic pain and diseases of the peripheral or central nervous system [17, 18].

The International Drug Control Conventions classify THC as an illegal, schedule I drug (together with opioids, opium derivatives, and hallucinogenic or psychedelic substances) and prohibit all use “except for scientific and very limited medical purposes by duly authorized persons” [19]. In Switzerland, the 2011 revision of the Federal Act on Narcotics and Psychotropic Substances (Narcotics Act) made it possible for the Federal Office of Public Health (FOPH) to issue exceptional licenses for the restricted medical use of some prohibited substances, including THC.

A systematic review of cannabinoids for medical use commissioned by the FOPH concluded that “there was moderate-quality evidence to support the use of cannabinoids for the treatment of chronic pain and spasticity” [20]. To look more closely at this and other uses of medical uses of cannabinoids, we studied all of the exceptional licences for medical use of cannabis issued by the Swiss FOPH in 2013 and 2014.

AIMS OF THE STUDY:

In recent years, the Swiss Federal Office of Public Health (FOPH) granted exceptional licenses for the medical use of cannabinoids, typically for 6 months with possible extensions. A systematic review of cannabinoids for medical use commissioned by the FOPH supports the use of cannabinoids for the treatment of chronic pain and spasticity. However, little is known about the patients treated with cannabinoids. We aimed to study medical uses of cannabinoids as part of the FOPH's programme of exceptional licenses.

RESULTS:

We analysed 1193 patients licenced for cannabinoid treatment in 2013 or 2014. During 2013, 542 patients were treated under the exceptional licencing programme (332 requesting physicians) compared with 825 in 2014 (446 physicians). Over half of patients (685; 57%) were women. The mean age was 57 years (standard deviation 15.0), chronic pain (49%) and spasticity (40%) were the most common symptoms, and co-medication was reported for 39% of patients. Seventy-eight different diagnoses were recorded, including multiple sclerosis (257 patients, 22%), soft tissue disorders (119, 10%), dorsalgia (97, 8.1%), spinal muscular atrophy (65, 5.5%) and paraplegia/tetraplegia (62, 5.2%). Licence extensions were granted to 143 patients (26.4%) in 2013 and 324 patients (39.3%) in 2014. There were substantial regional variations of the rates of patients treated with cannabinoids.

On average, eight patients per 100 000 residents received an exceptional licence. Most patients (1083, 91%) paid out of pocket.

This study of patient data in the FOPH cannabinoid licencing programme, the first of its kind in Switzerland, was limited at the outset by the fact that the data do not include information such as socioeconomic status, smoking, objective treatment outcomes or reasons to stop a treatment. Information in the licences on concomitant drugs, diagnosis, and patient history was sometimes poorly reported as well. The fact that some patients may treat themselves with cannabis obtained on the black market is another issue that may have influenced and distorted our results.

These limitations highlight the need for new research on medical cannabis. A drug with long history of use, whether legal or otherwise, can accrue claims of efficacy that in time imbue it with promise that may border on that of a wonder drug. As exceptional licencing of medical cannabinoids continues to expand in Switzerland, and the recreational and medical use is legalised in an increasing number of states and countries, clear guidelines for safe and effective use must urgently be developed, based on basic research and clinical trials. It is indeed “high time for evidence-based policies”

CONCLUSIONS:

Exceptional licences for medical use of cannabinoids have increased substantially in Switzerland, with the programme including patients with a wide range of conditions.

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See full article for source references: <https://www.ncbi.nlm.nih.gov/pubmed/28695562>

HANFEXPO

VIENNA



medijuana
Medical & Home Subscription Magazine



MULTI-I



MzJill Genetics

My journey cultivating cannabis began as a young girl who grew up on a small farm and developed a love for growing all things; My personal love affair with cannabis began in the mid 1990s when I developed pain associated with scoliosis.

Cannabis helped me so much that I wanted to share the healing powers with others in need.

I found that there were many patients in the medical program needing assistance, so I began providing cultivation instruction, clones and medicated edible snacks.

I met a patient with MS in the Willamette Valley of Oregon, whom I began helping with tips on growing and provided some edibles that helped ease her symptoms. She was so grateful that she gifted me a clone named Melvin.

Melvin came from Falls City Oregon and was held by some locals for 25 years.

I took Melvin home and grew her out. She was an amazing Orange Skunk, turning vibrant hues ranging from burgundy to black in late flower. At about 21 days into flower she begins to smell like burnt rubber or an electrical fire.

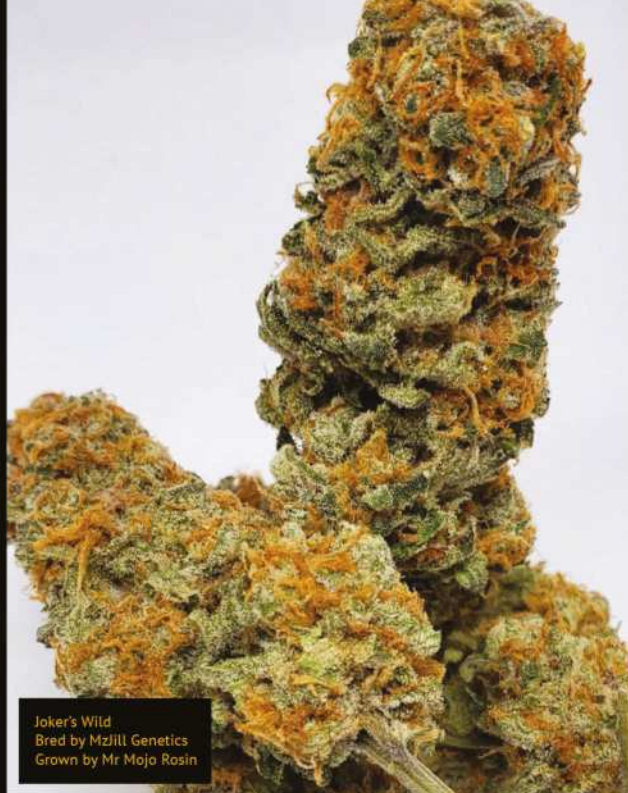
Throughout flowering she took on a strong orange smell, finishing with nice solid orange citrus flavored buds.

I couldn't shake the feeling that Melvin seemed like such an unflattering name for such a beautiful cultivar. She boasted beautiful dark leaves that looked like velvet and she had an incredibly undeniable orange citrus smell. Orange Velvet seemed a much more suitable name.

Being a young single mom to three beautiful daughters and working as a teaching assistant with the local school district, I spent as much spare time as possible learning more about this miracle plant.

I became a member of a website called OverGrow, which hosted cannabis forums where I could correspond with other growers. I got to talking with a whole host of people and we shared our stories and tips regularly. Being one of only a few female growers, I caught the eye of another grower named Subcool.

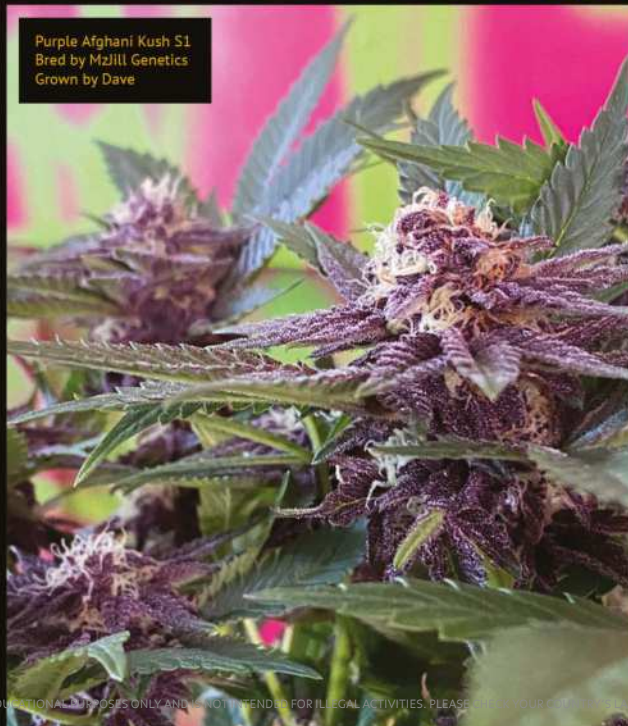
Overtime, Sub and I spoke often and developed an interest in one another.

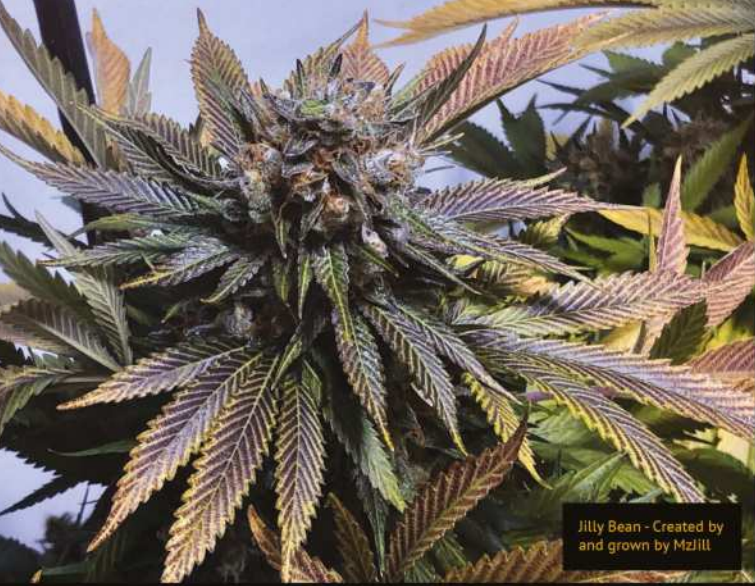


Joker's Wild
Bred by MzJill Genetics
Grown by Mr Mojo Rosin



Purple Afghani Kush S1
Bred by MzJill Genetics
Grown by Dave

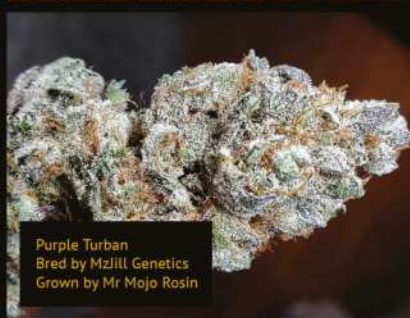




Jilly Bean - Created by and grown by MzJill



Jilly Bean - Created by and grown by MzJill



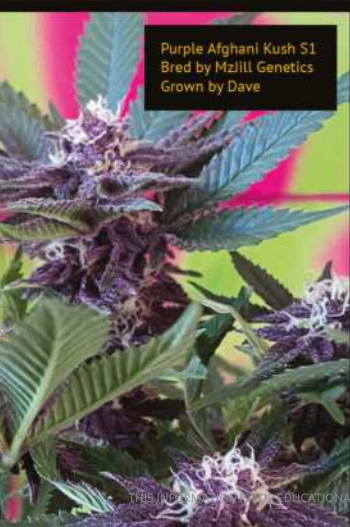
Purple Turban
Bred by MzJill Genetics
Grown by Mr Mojo Rosin



Photo by Doug Hibbert



Joker's Wild
Bred by MzJill Genetics
Grown by Mr Mojo Rosin



Purple Afghani Kush S1
Bred by MzJill Genetics
Grown by Dave



Photo by Ashley Mack

Our connection grew and we agreed to meet in early 2000, but this was sadly just as he was whisked away by the law on a previous cultivation charge.

He was held in a jail in Wisconsin until he was picked up on a TransCor bus (prison bus) and was transferred to Florida.

After facing charges in Florida, I assisted Sub with the transfer of his judicial paperwork to be served through the Oregon judicial system.

In 2001, Sub and I created the first American Seed Company, known as TGA Genetics. Over the next 16 years TGA created many award winning strains with the help of several amazing breeders.

Subcool and I collaborated and created several infamous strains together and also created many popular strains in our own rights as individual brands.

My flagship strain is Jilly Bean and Sub was most well known for his Jack The Ripper strain.

In the beginning, TGA had a team in Canada known as Badboy and HomeGrown. Team Canada was responsible for strains such as Astro Boy and Conquistador.

Sunny Cheba was also one of TGA's original breeders. Sunny contributed some well known amazing strains such as Double Purple Doja and Lemon Freeze.

TGA's most impactful breeder was Dioxide, who is now the owner of several dispensaries in Oregon. Dioxide created many strains for TGA which TGA has continued to offer such as Chernobyl, Jesus OG and TimeWreck.

Also, Pat from Heroes of the Farm created several strains under the TGA umbrella that can still be found at Heroes of the Farm, such as Conspiracy Kush and Locomotion.

Homegrown Natural Wonders eventually came to TGA as a father and son team. Odie, Mushroom and MSCI created the award winning Quantum Kush and Dr. Who, just to name a few.

Jinx and Miss Rose finally completed the circle in the TGA family with their amazing son Jinx JR reminding us all how to be better humans. Jinx and Miss Rose run an active Autism Awareness Charity called Northwest Families

for Autism. Jinx created the famous award winning 9lb Hammer and several other strains that he still offers through Jinxproof Genetics.

TGA was more than a team of breeders: we were a group of people that shared a love for the plant and had a desire to unleash the medical benefits it held.

We made medicine to heal the patients and to provide enjoyment and wellbeing.

Besides creating award winning strains, TGA also focused on charities and fundraisers for those less fortunate.

In October 2017, Sub and I lost our home and the TGA facility to a wild fire in Northern California. After this tragic loss, Sub and I decided to go our separate ways in both our business and personal lives.

I went on to create MzJill Genetics and Sub went on to form Subcool The Dank with his partners Will and Victoria.

Back in 2011, Sub was diagnosed with a disease called Alpha-1. A person with Alpha-1 has a liver that does not create the enzyme necessary to repair the lungs.

In the early morning of February 1st 2020, Subcool passed away peacefully in his sleep.

As I continue my journey into the next chapter of my life in the industry I will continue to honor his memory and contributions to the plant.

Subcool and I, along with our team of amazing breeders, wrote a piece of history together.

I am grateful for all of the people involved in my story and am excited to continue the tradition of educating and creating high quality medicinal strains.

MzJill

MzJillGenetics.com

IG@MzJillGnower

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*R.I.P Montgomery Ball aka Subcool
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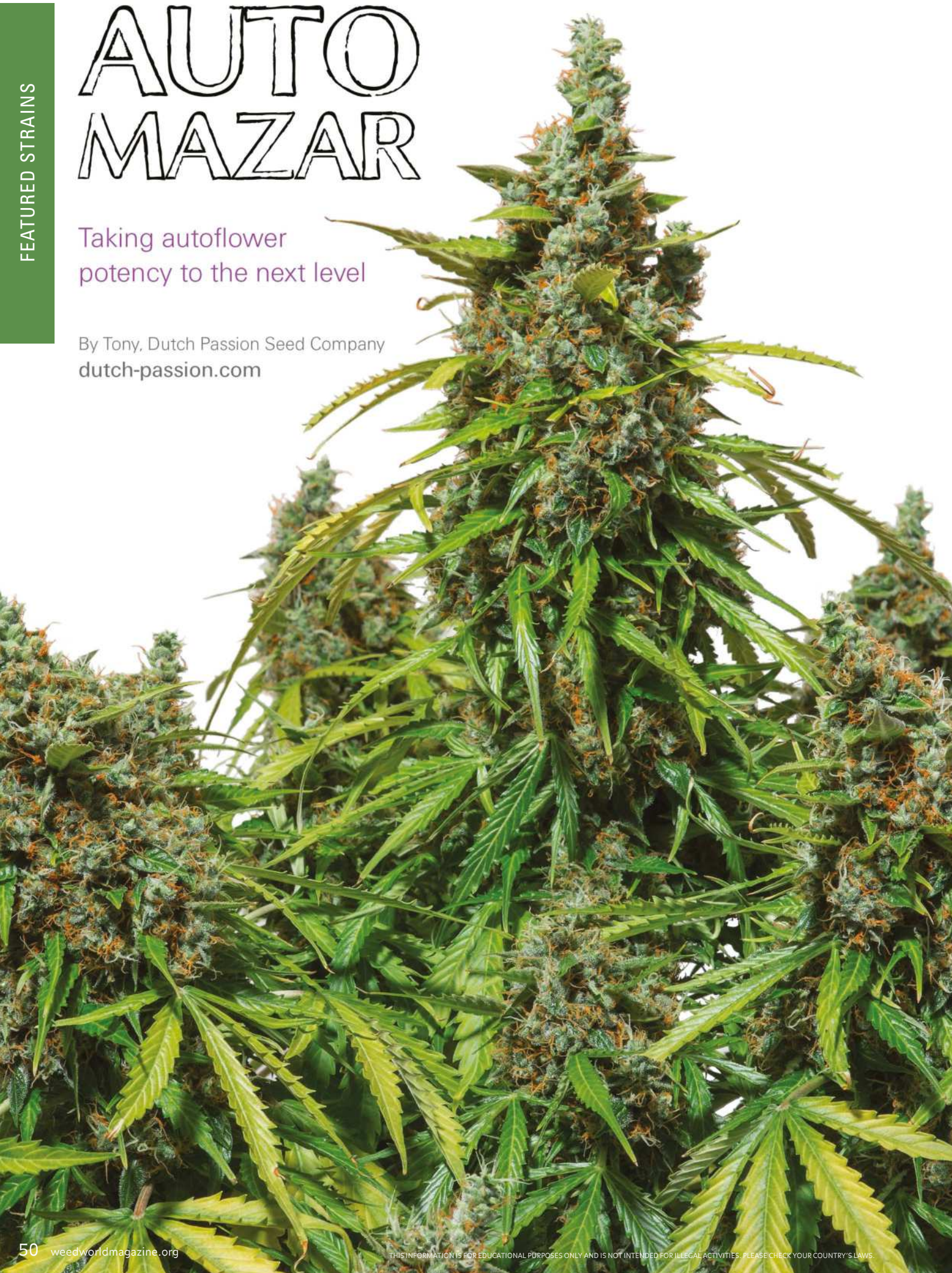
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SOUNDCLOUD

AUTO MAZAR

Taking autoflower
potency to the next level

By Tony, Dutch Passion Seed Company
dutch-passion.com



Despite some tough competition over the years, Auto Mazar has remained a top-5 customer favorite ever since she was released. The original Mazar genetics deliver 20%+ THC levels along with legendary toughness and ease of growth. The bullet proof Afghani Kush genetics used in Mazar have stood the test of time. Indica dominant, with medium height and heavy bud/resin production, Auto Mazar has been equally popular with outdoor growers as with indoor growers.

THE LURE OF AFGHAN GENETICS

Dutch Passion first got their hands on Mazar genetics many decades ago in the 1980's. Travelling around Afghanistan, exploring, sampling and collecting the best cannabis genetics was considerably easier back in the day. Many cannabis lovers from around the world made it their business to sample the best of Afghanistan's cannabis treasures, including the Dutch Passion team. Of all the Afghan Kush genetics that were enjoyed and collected, the Mazar genetics were the cream of the crop. Expect a supremely enjoyable effect, a strong indica stone which offers instant physical relaxation along with a wonderful euphoric high which sweeps away tension, stress and anxiety.

INDOOR AFGHAN KUSH IN 10-11 WEEKS

Auto Mazar uses the original cup winning Mazar genetics but in an autoflowering form. With modern autoflowering



Dutch Passion AutoMazar with multiple blooms grown under intense LED

breeding techniques none of the potency is lost when converting to an auto format. If you like THC-rich autos with 20% THC potential then the highly consistent Auto Mazar genetics should be on your radar.

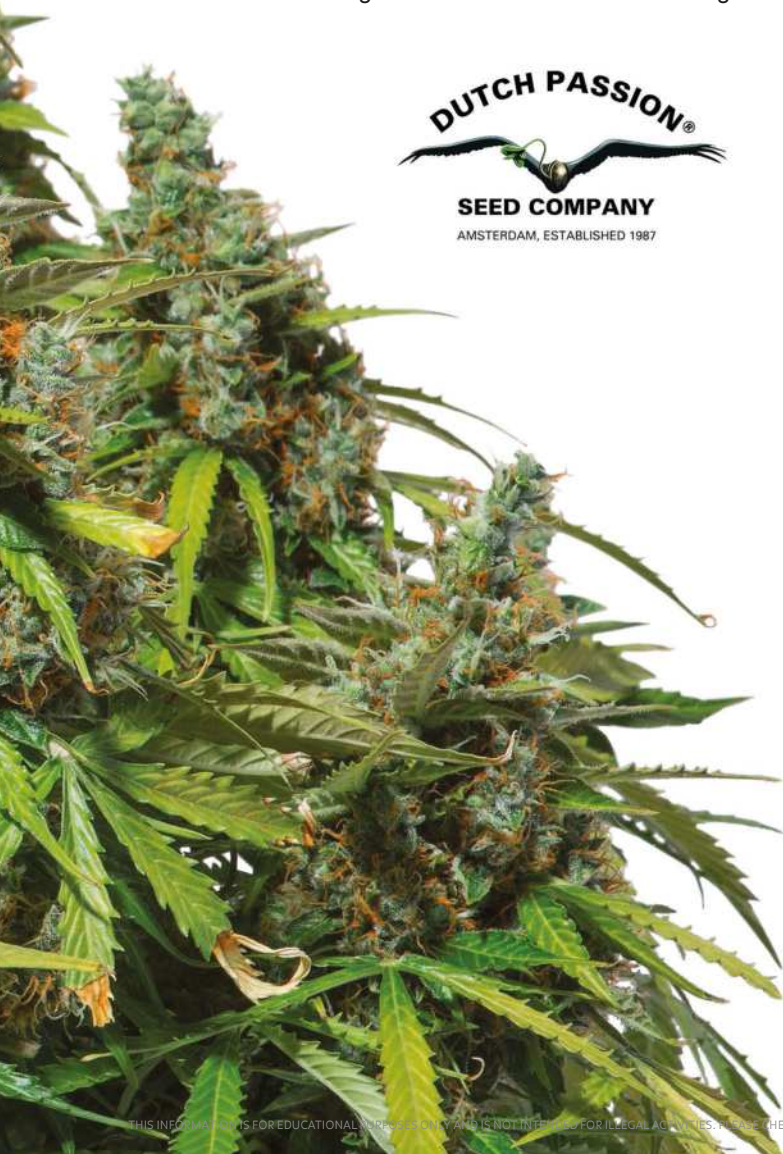
Like many indica Kush varieties, Auto Mazar grows in a compact form. She usually reaches around a meter tall. In large grow containers, such as big 30 liter+ airtops she can exceed a meter and yield well. Usually, the central bloom is the tallest and the heaviest yielding. The central bloom is often surrounded by a crown of slightly shorter peripheral blooms.

Mazar genetics are traditionally used to growing at altitude in relatively barren surroundings, the inherent toughness is a great asset to the home grower who will find Auto Mazar will grow well in any grow medium or grow system, indoors or outdoors.

AUTO GROWING, SIMPLER THAN YOU THINK

Many modern autoflowers, including Auto Mazar, are designed to grow from seed to harvest in around 10-11 weeks. Because that life cycle is pre-determined and inflexible (unlike photoperiod seeds) the autoflower grower needs to make best use of the time available. If an auto seedling is not cared for well, or if growth is stunted (e.g. from over feeding) there is little time available for recovery. Growing autos is easy. Often the grower won't bother re-potting the plant into larger containers. Many auto growers will plant the seed in the final growing container, set the light timer to a 20/4 light cycle and leave the genetics to do the rest. Autos can be grown under 18 hours of daily light, or even 24 hours of daily light. But 20 hours seems optimum.

Indoor auto growing: Try an extra week at the end
Indoor growers of Auto Mazar usually harvest around 11 weeks after germination. But if your auto is still showing



plenty of white pistils (hairs from the buds) you may wish to delay harvest for a week or two until the auto looks riper. The extra time will allow the auto to increase the bud mass as well as increasing THC/cannabinoid production. Many indica growers don't mind feeling the heavier effects from an indica which has been allowed time to fully mature. Anyone that is growing weed regularly should consider comparing buds which have been harvested early and late alongside their normally harvested buds. Some growers find that they have a strong preference for buds which have been given an extra week or two. If you are growing your own weed, you may as well grow it precisely the way you prefer it.

Indoor autoflower cultivation and powerful lighting
One of the most useful tips when growing Auto Mazar, or any other auto, is to use powerful lighting. Supplemental side lighting delivers excellent results. The side blooms on an auto have huge potential to swell, but they need sufficient lighting to do so. Sometimes the hanging height of the light can be determined by the height of the tallest central bloom. If you bend the central auto bloom horizontally, it allows you to maintain more of an even canopy which allows you to maximize light levels on the canopy. With optimized light levels on the canopy you can look forward to some XL sized harvests. Those growers who have invested in LED grow lighting can look forward to premium quality harvests and the highest THC levels.

OUTDOOR AUTO GROWING TIPS

Autos have become a mainstream option for outdoor weed growers, primarily thanks to their speed of growth. Growers in northern Europe often get their auto seedlings germinating in May and place them outdoors in late May or early June. Plants can be harvested in August, meaning that you can enjoy a mid-summer harvest. Growers in southern Europe will be starting their first crop of autos in March/April.



Dutch Passion AutoMazar showing heavy bud production after indoor grow with LED light



Dutch Passion AutoMazar grown outdoors

One tip to maximize your harvest is to give your seedlings the best possible start before they are planted outdoors. Some growers will grow their auto seedlings indoors under 24 hour light for a couple of weeks before planting them in their final outdoor location. This protects the seedlings while they are young and vulnerable. Once outdoors, be sure to use plenty of slug pellets to deter slugs/snails. Where possible, further protect your outdoor autos from rabbits/deer with e.g. some chicken wire fencing which can be held in position with sticks. Autos take around 100 days from seed to harvest outdoors, a little longer in poor/cool conditions.

Auto Mazar tends to stay around (or below) a meter tall outdoors. This makes her much easier to hide than 3m tall photoperiod monsters. And the tough, durable Mazar genetics means that Auto Mazar needs no maintenance once she is planted outdoors. Just an occasional drink/feed in the case of extreme drought.

QUALITY AND TOUGHNESS FROM LEGENDARY GENETICS

Whether you are growing indoors or outdoors this year, Auto Mazar has the flexibility and durability to deliver high quality results. The THC rich Auto Mazar buds have been grown and enjoyed by thousands of growers both indoors and outdoors. If you haven't yet tried growing a few auto seeds outdoors, give it a try this year.

BUDDHA PURPLE KUSH



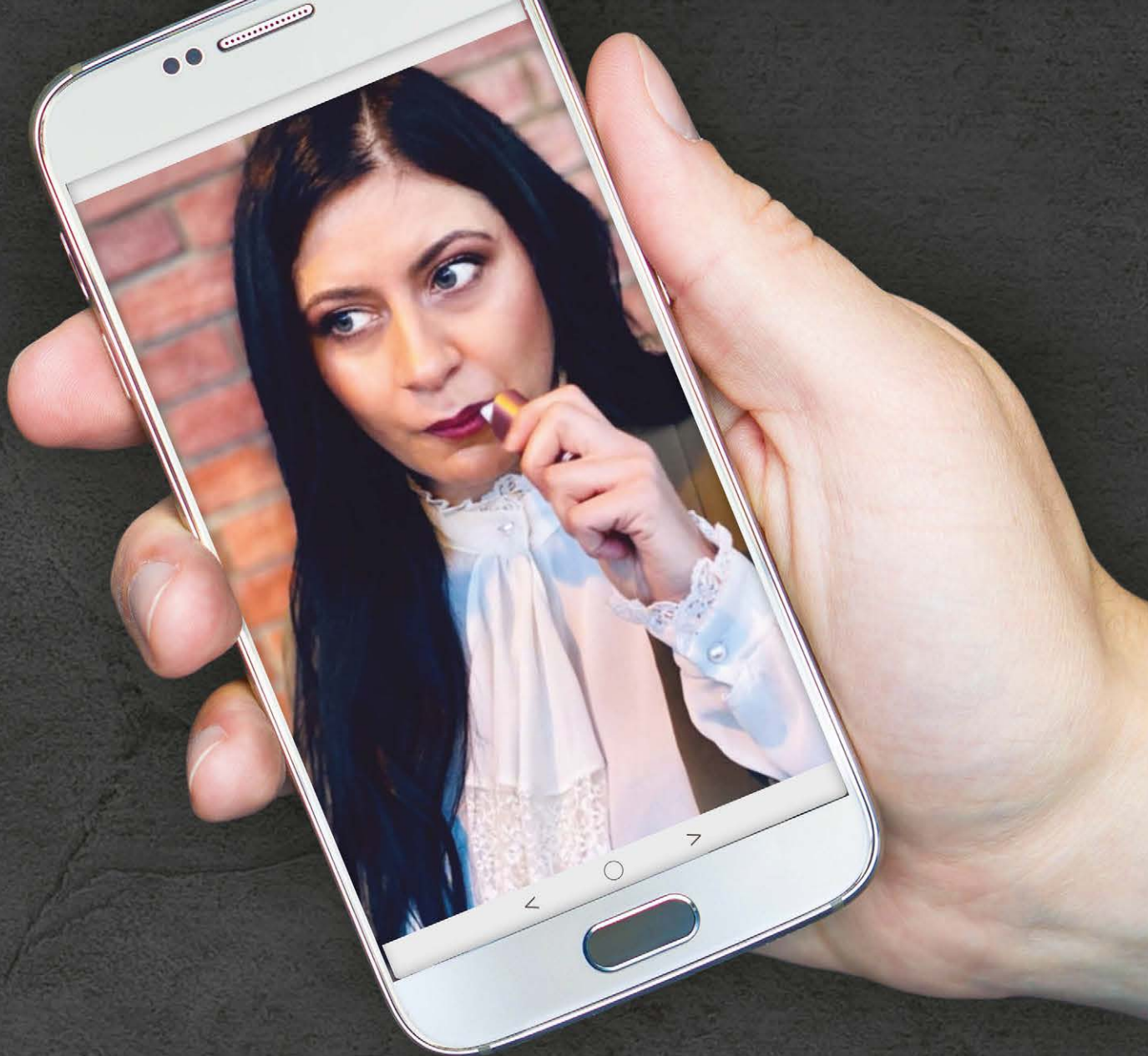
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LadyBudsofLondon (LBoL) is a high flying herb enthusiast with a great positive attitude that is bringing together people through their love of cannabis culture.

In 2019 Ladybuds founded the Gadgets and Glass private members association as part of the UK Cannabis Social Clubs (UKCSC) movement which meets once a month to enjoy good company, vegan food and of course the latest in vaping technology and heady glass art from across the UK, Europe and United States.

Not only promoting safer forms of consumption, and harm reduction and helping to educate her following on all things

green and vapy, her efforts hosting events and networking to promote the uprising of women in the cannabis industry have been gaining momentum as we move into a new decade where the female of the species will undoubtedly play a huge role in this burgeoning industry.

If you can get along to one of LBoL events you won't be disappointed.

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PURPLE ROYALE

Created by Greenshock Farms in 2018, Purple Royale is an exotic hybrid created with two of the Emerald Triangle's most legendary strains.

WRITTEN BY: DOPE FRANCISCO
PHOTOS BY: MENDO DOPE



STRAIN ORIGINS

Northern California has for many years been known as a very special place to grow cannabis, but it is also home to some of the most talented breeders in the cannabis industry.

Purple Candy Cane is an award winning strain that was created by Greenshock Farms. It has been in the top 3 best sun-grown flowers at the Emerald Cup two years in a row with its amazing terpene profile and exotic flavor.

Long Valley Royal Kush was a masterpiece created by Mandelbrot aka Ras Truth. Bred in the heart of the Emerald Triangle this strain is a great outdoor plant and is known for its thick oily aroma and strong effects.

The combination of these two elite strains has given birth to something very unique that everyone is anxious to try. From the piercing orange and fruit terpenes to the creamy fuel funk, the Purple Royale will leave your mouth watering and your body relaxed.

STRAIN OVERVIEW

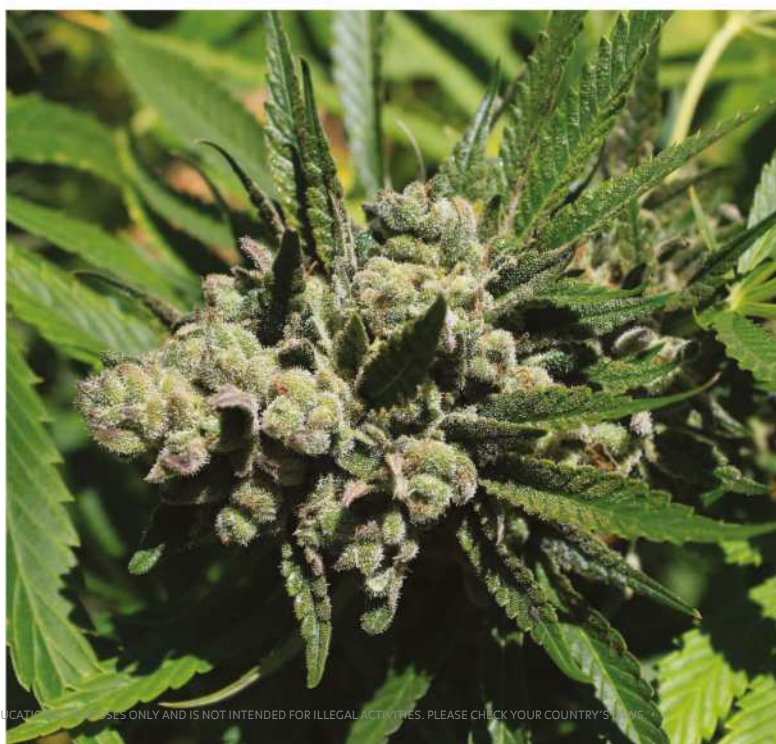
Opening up a freshly cured jar of Purple Royale, I am instantly hit with a hurricane of terpenes that collide with my nose. Sweet oranges, pine and oily grape funk fills the studio. I pick out a nice top bud, crack it open and an avalanche of trichoms fall into the paper as I begin twisting. The smell is quite powerful as these buds get crumbled, very tacky sticky resin is instantly coating my thumb and index finger. The taste is delicious. I am very excited about this strain not only because it looks and smells fantastic, but the back story of its creation hits home being a Mendocino local.

For years breeders have been working very hard in the field to find unique traits that can be captured and bred with to make truly outstanding strains. I have so much respect for these people, breeding is truly an art. Even though so many people do it, especially nowadays, there's only a handful of master breeders in the world.

Mandelbrot was known as one of the greatest cannabis breeders in the Emerald Triangle. Creating strains like The Truth, Oil Spill and the original Royal Kush. I never had the honor of meeting him personally but I have got to enjoy numerous flavors that he was responsible for creating. One of those being Long Valley Royal Kush.

Our good friend and partner, Mark with Greenshock Farms is another Mendocino farmer who has been breeding his own genetics for over 20 years. Creating strains like Purple Candy Cane, Dr Greenshock and high-terpene-dominant strains like Tropical Sleigh Ride. With the combination of these two top breeders work getting brought together could only mean one thing, pure fire!

To understand the depth of this strain you first need to know what all came together to form this unique hybrid. Long Valley Royal Kush is a three way cross of a clone only of Sour Diesel, a highland Afghani and a Garberville Purple Kush. I have always been a big fan of real Sour Diesel along with Afghani. Back in our first years of







STRAIN STATS

BREEDER: Greenshock Farms

GENETICS: Purple Candy Cane X Long Valley Royal Kush

YIELD: Heavy

HEIGHT: Medium

HARVEST: 56 to 60 Days

Indica: 60% Sativa: 40%

growing we acquired a very rare Afghani plant from a local Mendocino farmer and loved how it grew and smoked. It was extremely frosty, potent, and it had an amazing look to the flower. Purple Candy Cane is a complex blend of Lavender, Bubba Kush, Blue Moonshine, Agent Orange, Blue Dream and Hawaiian Haze. We have had the opportunity of growing such strains as the Bubba, Blue Dream and Agent Orange so I knew how special this strain could be when we first heard about it. Across the board Purple Royale has inherited some of the best traits from all of these amazing strains. This is the ultimate West Coast blend having both the exotic fruit and the all-time favorite OG gas. Through years of work pheno-hunting and searching for specific growth patterns, terpenes and resin production it has given this strain a big jump start into the exotic category.

Purple Royale grows very stocky and thick producing solid pine cone style buds. The structure of this plant is very strong. With its thick branches it can easily hold up the solid dense buds that stack through flowering. In 2019 we were able to test various phenos of the Purple Royale and they were all quite uniform in growth patterns. The bud structure and smell was another story. Some were portraying the classic motor oil, dark grape funk aroma and others had strong orange gasoline terpenes. This is what makes breeding new strains fun and exciting because now you have the ability to create more than just one flavor line with a new genetic.

When Greenshock set out to create this new cross he had a couple different males of the Long Valley Royal Kush plants to collect pollen from. One was growing more stretchy and green with a sweet oily melon smell while the other was a more stout purple indica looking pheno with a strong fuel and oil aroma. Instead of doing the normal, he decided to combine both of these plants' pollen to breed with the Purple Candy Cane.

With the different pheno variations that were being produced by this process there were now two totally different style flowers from the same seed batch. Purple Royale is the welch's grape jam, kush and motor oil version of this cross. On the other side of the flavor spectrum you have the Orange Terpentine which smells like a gasoline orange juice. Breeding this way will give you a wide variation of phenotypes to create different flavor lines in your catalog. As long as you are ready for a

pheno-hunt you have the ability to find something unique that stands out from the rest.

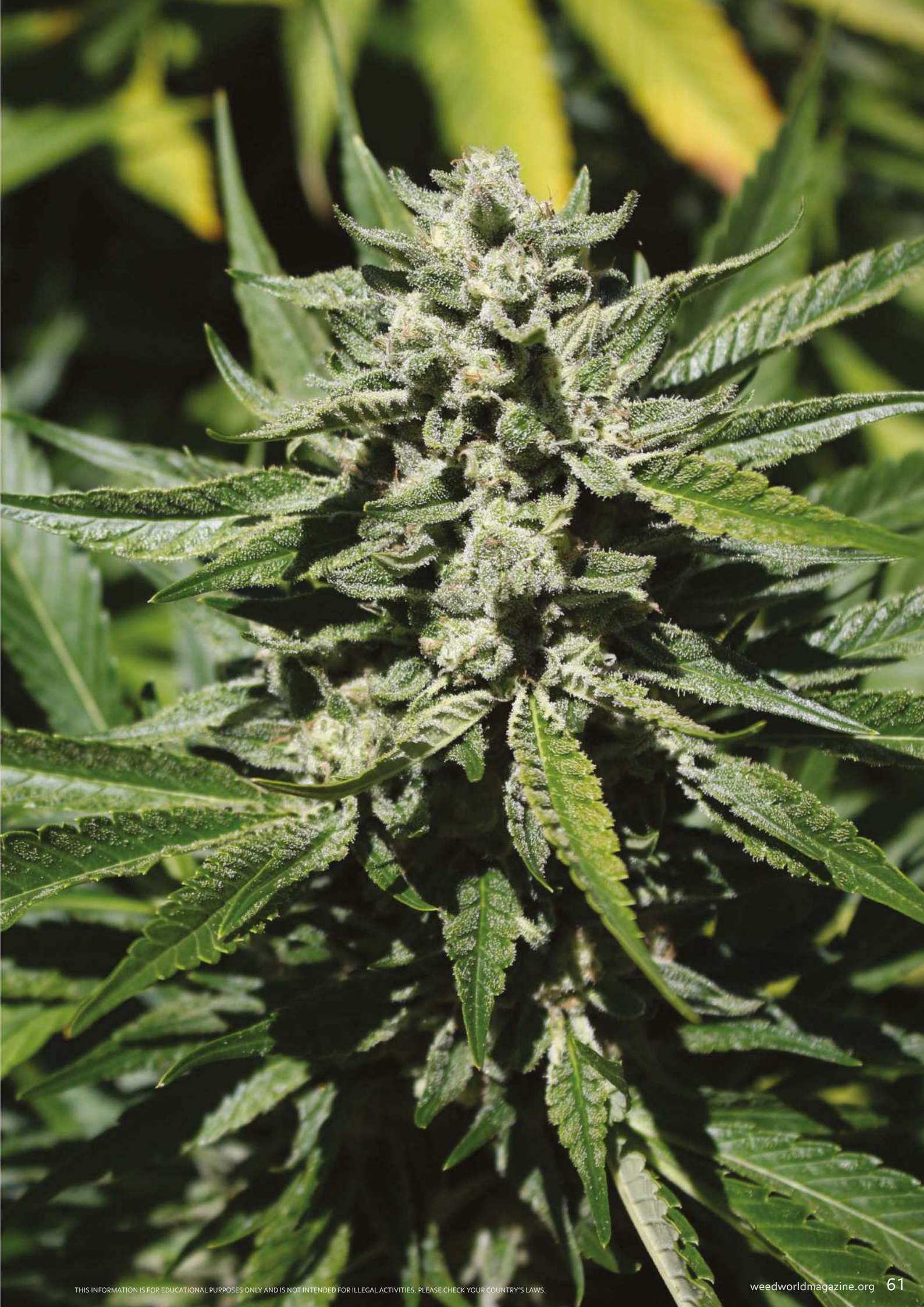
Getting to walk amongst these beautiful green plants from their first days of being planted to the final days of flower was unforgettable. Stopping to smell each plant on the way down the row was something I always looked forward to. Strong smells of what I would describe as old school funk brought me back to some of the first times smoking weed. This was the new and improved enhanced version. One plant in particular had caught the eye of my brother Bleezy early on and, once it began to flower, we were all hooked. The resin glands were massive on these beautiful green buds. The structure was very explosive with large calyxes, light orange hairs and sometimes a slight purple shade on the tips of the flowers. Bleezy described the smell as a creamy kush Vicks vapor rub mixed with an exotic citrus fruit. Layers upon layers of trichomes surrounded every cola as well as the surrounding leaves. The performance of this plant was very impressive to say the least. Through its 8 week flowering cycle it produced an insane amount of resin and stacked gorgeous large green buds even down to the lower branches.

Smoking the Purple Royale left my mouth coated in a kerosene fuel that transformed into a sweet almost black licorice flavor on the exhale. It was a thick tar-like potent oil aroma that was complimented with oranges and honey dew melon. The buds were all very chunky from the numerous phenos and they all had a great mold resistance.

The effects of this strain can range with the different phenotypes, but overall it is a great creativity enhancer that puts you in a laid back and relaxed mode. It is a great anxiety reliever that will have you in a happy talkative vibe. This trait I believe was carried over from the Purple Candy Cane which Mark dubbed "Storyteller" due to the fact that people tend to talk a lot after smoking it.

Overall I was very impressed by this strain and I would recommend it for anyone who enjoys an old school fuel and fruity flavor. It is a solid plant for outdoor growing and produces amazing looking flowers with an exotic bag appeal. If you ever get a chance to smoke or grow the Purple Royale I guarantee you will not be disappointed.

MENDODOPEMUSIC.COM





WHAT HAPPENS WHEN YOU SUDDENLY STOP SMOKING WEED?

Written by Paul James

Let's be honest, none of us really want to just stop smoking cannabis. With all its potential medical benefits and the kickass high it provides us with, there's little conviction to just quit the habit.

However, we at Weed World understand that everyone's lives present different situations. Some may need to stop for an upcoming drug test, while others may find that cannabis just isn't doing it for them like it used to.

Whatever your case may be, you're probably curious as to how giving up weed is going to affect your brain and body. The thing is, giving up weed affects us all differently - just as smoking it does. Our bodies and brains are extremely unique and no set of research can properly determine what will happen to YOU.

Luckily, what will happen is very minimal. Since cannabis is much a lighter substance in comparison to alcohol or opiates, withdrawal symptoms are at a minimum - sometimes, they aren't even noticeable at all. Furthermore, unlike other substances, it only takes about a month to fully give up marijuana.

Throughout this article, we're going to take a deeper look into what happens to your brain and body when you give up cannabis. From there, we're going to offer some advice as to how to handle any potential withdrawal symptoms.

THE FIRST THREE DAYS

Similar to breaking any other habit, the first three days are usually the worst of the worst. It's during this time that your body and brain must adjust to not having any chemical influence upon it. During this adjustment is when your body will return to homeostasis - it's organic self.

Of course, not everyone who smokes weed will undergo this metamorphosis. A major factor is how often you intake cannabis. For example, chronic smokers (those who smoke multiple times a day) will generally experience the worst of the worst. Whereas light smokers (those who take a puff or two at the end of the night) may not feel anything at all.

Withdrawal symptoms vary greatly depending on a number of different factors, including your body weight, age, gender, and overall personality.

However, generally speaking, most people will experience difficulty sleeping during this time. Though we might not all directly use cannabis to help us get a good night's rest, there's no denying that a quick toke helps us get some easy shut-eye. Though there are no clear-cut studies revealing why this is, a number of self-reports indicate that cannabis can help improve the quality of sleep, decrease sleep disturbances, and reduce the onset latency of sleep.¹ With that said, the reverse generally happens when you quit.

Along with this, you may find yourself more irritable. This isn't always necessarily a factor of quitting weed itself, rather it's a factor of a lack of sleep along with other withdrawal symptoms. Irritability is our body's natural way of handling stress and there's no denying that quitting weed is bound to bring on a bit of stress. Especially, for those of us who have become so accustomed to it.

Finally, one of the most important withdrawal symptoms you'll experience is anxiety. Again, not everyone ingests cannabis to ease anxiety. However, since cannabis activates various parts of the brain that diminish anxiety, it's common for people who quit to feel anxious for the 72 hours that follow their final toke.²

THE FOLLOWING WEEK

Though it isn't always the case, some people have reported feeling depression a week after quitting weed. Science has discovered that smoking marijuana does increase serotonin and dopamine levels within the brain - serotonin being responsible for happiness and mood regulation with dopamine acting as a neurotransmitter for feelings of pleasure.³ The lack of these two chemicals is often what's found in those struggling with major depressive disorder.

Again, whether this occurrence will affect you or not has much to do with how much you smoke and how accustomed your brain has become to the intake of cannabinoids.

However, it's worthy to note that this effect usually doesn't last a long time. Unlike opioids, cannabis doesn't inhibit the brain's natural circulation of dopamine and serotonin with its own replica of these chemicals. Rather, it triggers these chemicals to produce more than the normal expectancy.⁴

Not to mention, our brains are powerful machines and have very little difficulty re-learning how to create these chemicals without the influence of cannabis. For this reason, people who experience depression due to marijuana withdrawal usually only do so for about a week or so.

AFTER A FEW WEEKS

One of the most common reports among people who quit cannabis is they experience extremely vivid

dreams. There is some science backing this up. According to Dr. Hans Hamburger, a neurologist and sleep expert, weed interferes with a person's potential to experience REM sleep - the period which is responsible for most people's dreams.

"If you've been taking a drug that suppresses a certain phenomenon for a while, then that phenomenon will come back stronger when you stop using that drug," Hamburger told Vice. "That's what we call 'the rebound effect' - which is also noticeable in people who take a lot of sleeping pills. If they stop taking those, they often get very strange and intense dreams. That is also often the reason why people keep taking those pills - they become dependent on them, which is to say, addicted.

"It is a temporary attempt to catch up on all the dreaming you missed when you were smoking weed. It usually goes away after two to three weeks. Your body will know when it's all caught up and ready to go back to business as usual." ⁵

AFTER A FEW MONTHS

Generally speaking, almost everyone's withdrawal symptoms to cannabis dies down after a few months. Again, this is highly determined by how much you smoke and how long you've been smoking for. People who have been smoking multiple times a day for the past few years are naturally going to have more difficulty than those who have smoked lightly only for six months.

With that said, some people may experience insomnia within the months following cannabis abstinence. This is especially true for those who experience nightmares due to the vivid dreaming mentioned above.

Letting go of a cannabis habit is without much easier than most substances out there, including tobacco, alcohol, and opioids. However, that's not to say it doesn't come without its struggles. We understand that you may be having some difficulty overcoming some of the above-mentioned withdrawal symptoms and, if so, we have some advice on how you can overcome these minor hurdles.

ADVICE FOR OVERCOMING MARIJUANA WITHDRAWAL

Since everyone is affected differently when they quit weed, the way they go about overcoming withdrawal symptoms will naturally vary. You may find the following advice doesn't suit your preference and, if so, that's okay. What truly matters when it comes to beating symptoms is figuring out what works best for you.

With that said, we'd like to start our advice off with a little cannabinoid that's well-rounded and meant to balance out any imbalance THC may cause. We're talking about cannabidiol (CBD).

CBD is similar to THC in the sense that it influences our endocannabinoid system (ECS). However, the big difference is THC activates C1 receptors - which inevitably causes the high we experience - whereas CBD seeks to balance out both C1 and C2 receptors. Due to this effect, CBD can be a powerful agent in counteracting any negative withdrawal symptoms you

might feel when quitting marijuana.

In fact, CBD works so well, researchers have even considered using it as an agent to treat people with substance abuse disorder. ⁶

Furthermore, if you've stopped smoking weed as a means of passing a drug test, you can be safely assured CBD will not appear on this drug test. All legal CBD products must contain either 0.3% THC or less in order to hit the shelves. This small amount usually doesn't appear on drug tests - however, if you still remain skeptical, you can always purchase a CBD isolate which contains no THC at all.

Still, if you're looking to avoid cannabis products altogether, there are plenty of other over-the-counter options to overcome various withdrawal symptoms. We at Weed World are a big fan of all-natural supplements and have compiled a shortlist of agents that can be used for battling specific symptoms.

- **Anxiety** - One of the most powerful organic alternatives for battling anxiety is gamma-aminobutyric acid (GABA) as it influences serotonin production in the brain. People experiencing a lot of anxiety may also be interested in passionflower, valerian root, licorice root, or ashwagandha.
- **Depression** - There is no definite go-to when it comes to natural supplements for depression. However, a few popular ones include SAME, saffron, lavender, chamomile, ginseng, and St. John's wort.
- **Insomnia** - The best sleep aid for anyone experiencing anxiety has to be melatonin. This is the chemical our brain naturally produces as we fall asleep and taking a supplement of the chemical produces the same effect.
- **Irritability** - If you need to enhance your mood, we suggest using either St. John's wort or SAME.

Overcoming cannabis withdrawal symptoms isn't too difficult. For whatever reason you've decided to stop cannabis, we'd like to reassure you that there is no need for treatment like other substances. If you take the time and have the mental willpower, the minor hurdles that come with withdrawal are something anyone can overcome.

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CANNABIS DELIVERY TO ENGLAND HAS CAUSED A COMMOTION

By Ziv Genesove

The Israeli Cannabis company "BOL" has been severely criticized after announcing in late January that they had shipped medical cannabis oil to the United Kingdom.

It is no secret that the medical cannabis industry in Israel is going through a crisis: over the last year, the local Ministry of Health had tried to compose some reforms that were supposed to improve the situation but, in practice, this led to many deficiencies and omissions that left tens of thousands of patients without proper medication.

Given the shortage of cannabis and the high prices patients find themselves paying, Moshe Bar Siman Tov, CEO of the Israeli Ministry of Health, decided that local cannabis companies would not be able to export cannabis abroad for as long as the Israeli market failures are not corrected - but the surprising announcement of the BOL company regarding the first delivery of cannabis oils to England has brought confusion and chaos.

Looking for markets over seas

"This is definitely a historic day," said Hagai Hillman, the founder of BOL company, in a video on his Facebook page as he stands next to a case of cannabis oils destined for England "This is the first time 'blue and white' (the Israeli flag colors) cannabis is exported to the big world."

However, as stated, other Israeli Cannabis companies were very surprised at the report and claimed that despite filling similar requests to export medical cannabis overseas, they were denied by the Ministry of Health. "We comply with all the necessary export standards similar to BOL company," an Executive member of a competing Israeli Cannabis company told us, "I do not understand how one particular company gets approval to export cannabis to England while other companies have to deal with all the mess that is going on in the local market."

As one would imagine, the Israeli Cannabis market is rather small: the population of the entire country is only about 8 and a half million citizens, and fewer than 40,000 people hold a medical license - this is why every local cannabis company in the country would like to begin exporting their goods to cannabis markets abroad as soon as passable.

The plan to export Israeli medical cannabis was approved by the government for the first time three years ago (January 2017), but since then another two years have passed with no changes due to the police demand for them to take responsibility for monitoring the medical cannabis farms. Only two years later, in January 2019, the desired law passed and handed the police the responsibility for the farms. The Knesset and the government subsequently signed and reaffirmed the decision to export cannabis abroad, but another year's delay was caused by the failure of the domestic market reform.

"We need to look for our medicine between dozens of pharmacies"

The news of Israel's first cannabis delivery abroad aroused many reactions not only among the cannabis companies themselves - but also among quite a few local cannabis patients that in recent months were suffering from an irregular supply of the drug:

"The situation is absurd, we need to look for our medicine between dozens of pharmacies because of the shortage and the disorder, while hearing that Israeli companies are starting to export cannabis abroad," complains Abraham, a father of a child suffering from epilepsy that is being treated with cannabis, "I have no problem with the English people, on the contrary, I wish them health, and I am only too proud of the demand for Israeli products abroad - but the state cannot send medicine overseas when there are tens of thousands of local patients in desperate need of this remedy."

Likewise, Doron, whose father is being treated with cannabis as a result of the multiple sclerosis he is suffering from, has heavy criticism for the export idea: "To get Dad's medicine, I have to make countless phone calls until I find a pharmacy that holds the specific strain - and then I usually need to travel for more than two hours on the road just to reach the place. It is simply scandalous that the cannabis situation in Israel is so catastrophic and yet instead of focusing on how to correct the injustice some people only think of how to make money from selling cannabis abroad".

"This is not a commercial export"

The Health Ministry hastened to respond to the numerous complaints they received following the affair, claiming that the specific cannabis delivery was excluded from the regular procedures on the account it was only a small "compassionate care" export - and not the official opening of the Israeli cannabis exporting abroad:

"This is not a commercial export, this is a specific treatment for a small group of children after we have received a special request from the United Kingdom," a ministry official explained. "The company is committed to supplying this product in Israel for at least a year ahead."

Despite the clarification of the Israeli Ministry of Health, certain factors in the BOL company itself still claims that this is actually a commercial export, such as the CEO of the company, Dr. Tamir Gadot who argued that the export of cannabis to England is expected to generate them an income of 60 million dollars in 2020 alone - even though currently England has only a few hundred approved cannabis patients.



The Origin of
Conscious Consumption
in the Breakdown of

Traditional Hash Making Culture

- Part 2 -

By Frank La Froschia

For daily hash content: @frank_at_dank

Hella Dank Productions

For as long as man can remember, the earth...has been there. You know, cradling us and our fragile ecosystem in her warm breast, telling us it will all be alright.

Millennia have passed since we have dragged our knuckles stumbling out of caves. Man has aged. Mother Earth, old and weak, neglected by her money-hungry mislead children, fights on.

Alas, a miracle renaissance in craftsman & craftswomanship the earth has never seen before (or has it?). The phenomenon of the miraculous human mind unveiled (after centuries of attempt to silence the kindred spirit of the sanctuary of the soul) the undefeatable key is in the form of a plant.

This plant is reuniting us with ourselves. A very crucial component missing in modern civilization. Individualism. Uniqueness.

The Great Modern Philosopher, musician, and overall prospect of the human experience, Robert "Bob" Marley can be quoted as saying: "When you smoke the herb, it reveals you to yourself". Most quotes being questionable of authenticity, this one resonates with the soul of the stoner and represents the shamanic master who poetically brought this simple parable to our people. If you are avoiding





At Regenerative Cannabis Conference with a HellaDank Hash-Infused Preroll (20% Hash 80% flower on the inside) with my favorite addition of the HashSnake on the outside !

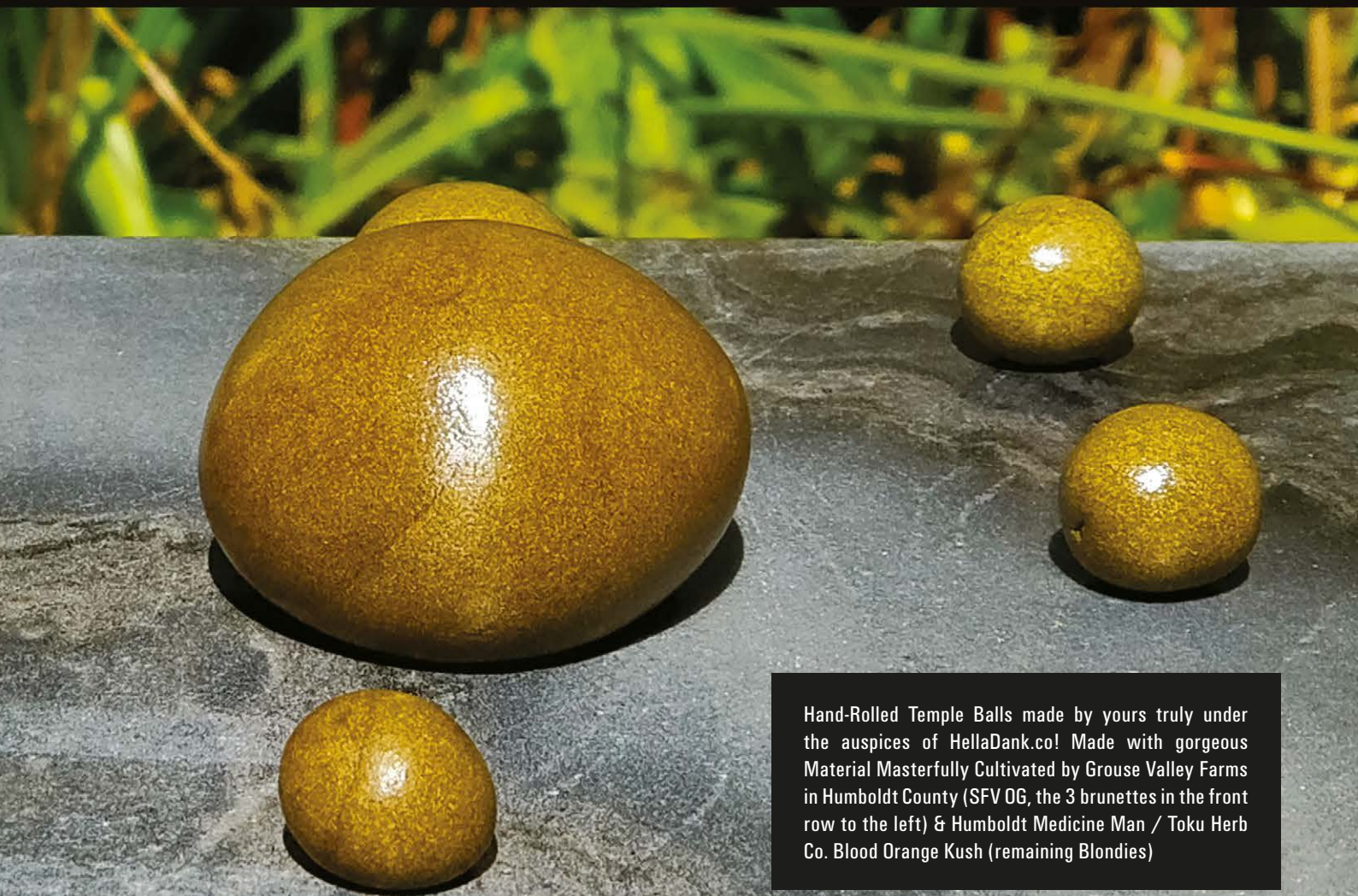
confrontation internally with an issue, you will come face-to-face with the proper decision upon a chalice to the face. The hard part for weak people is accepting when they are wrong and accepting that amendments must be made.

To me, when my adult family members dismissed my interest in music and the arts, the song in my soul sang louder and louder the more I aligned myself with...well, myself, to quote the old man. The more I got stoned the further solidified my absolute disinterest with all things material and physical became. The true depth of a human interaction can be directly correlated to the volume/ geometric shape of the laughter present upon interaction. Similar to a badass smoke ring, potent laughs are in the shape of hearts undetectable to the human eye - slowly healing your molecular construct one atom at a time.

Not only has science probably found a stronger lovebond between those of us laughing, but an immortal bond beyond the physical that cannot be shattered. There is direct correlation among those of us who have found our way back to the plant, and share that with others.

Strength in numbers? I say strength in sanctuary, safe from the sorcery,

This is part two of my first article: "the origin of consciousness in the breakdown of traditional hashmaking culture".



Hand-Rolled Temple Balls made by yours truly under the auspices of HellaDank.co! Made with gorgeous Material Masterfully Cultivated by Grouse Valley Farms in Humboldt County (SFV OG, the 3 brunettes in the front row to the left) & Humboldt Medicine Man / Toku Herb Co. Blood Orange Kush (remaining Blondies)



On this page: Hashmaker and Rosin master extraordinaire Starshine (@Helladanksquish) refines Gorgeous Golden Hashish into its final form: HashRosin: the Gentleman's Scotch or Gin of the WeedWorld... This process only uses Heat and Pressure !

I chose this title as a tip of the metaphorical hat to the late great author, Julian Jaynes, who hypothesized (among many more interesting deep theories) that the earliest thoughts in consciousness of man rang out like a call from the gods. This immediately developed into ego upon the realization that we may be the only animal experiencing this. I think we are in the infantile stages of self-recognition.

I believe we continue to stumble upon glimpses of our true identity as children of the sun, in our reflection in still water. The sorcerers of chaos continue to break the mirror and condemn us to our own debauchery in the form of unsustainable systems. Damned to repeat history and spiral into oblivion when the secret to our own evolution may be contained in our genetic code.

Legalization opens the door for the solution or the very problem to sneak in.

PART DEUCE; AS INDUSTRY INFILTRATES PERMACULTURE PERMEATES

There is a movement in food, in Cannabis, and eventually all aspects of the human experience. A resurgence in craft delectables, grown organically and sold for high-dollar, speckle a now colorful menu across the United States where chemical-laden food products once lay a mere internet-less decade earlier. The food "industry" is changing its face, changing its values. Where it was acceptable to market borderline-openly-toxic treats to



the youth, the Whole foods Marketplace (whose parent company, Amazon, I do not support) now praises and gives recognition to companies gearing to keep kid-oriented foods to simple, natural ingredients.

The great “ostensible” truth is the one you learn by having the human origin story you have been told shattered by finally looking in a mirror and seeing our true identity as a single united race of children under the sun.

The word ostensible means “stated or appearing to be true, but not necessarily so”. We accept ostensible realities about the nature of our existence without questioning the source. Now, I will unleash the wet and waiting topic of our discussion tonight: Hash is somehow the repressed technology of the gods that surpassed western interest. This has two great avenues of exploration. First, that it was likely intentionally-repressed technology attempted to be cast into obscurity by the sorcerers that are the powers that be, throwing instead impostor “extractions” at the youth like



On this page: In part one of this article (WW issue 145) I ended with a picture of some of my heros, friends, and myself, gathered around Frenchy Cannoli. This was the bowl he was packing. And in metaphor this was the seeds that he planted. A blend of the solventless community and our representation of Cannabis in all its glorious attributes.

The quasar hookah is a treat especially when it is loaded with all artisan hashish nearly all made from Cannabis lovingly grown in the Emerald Triangle: @TheDankDuches - Durban Poison, grown organically in Humboldt; @byrd_extracts_co - Valley Vixen, grown by @healingherbfarms; @FrenchyCannoli - Pine Angel, grown by @SwamiSelect & Cherry Pie, grown by @Eastmillcreekfarms; Cookies N' Cream, grown & washed by @Fullymeltedca & @exoticgenetix_mike; @HellaDank.co - Cherry Pie x Thin Mint Cookies, grown by @RoundValleyFarming; @HellaDank.co - Mimosa, grown by @fivesistersfarm



a Frisbee knowing they would fetch, face-first, anything claiming to have high-THC concentration. Secondly, that it has not had the chance to be adulterated and destroyed yet in the United States, which paves the way for the opportunity to properly unearth her potential, and our own. We have accepted the ostensible truth that hydrocarbon extraction techniques are superior for their speed and accuracy, hands-on research would display an ulterior significance of varying degrees - Hash is the luminous, sexy shadow of the flower you have loved so much all of these years

The hashmaking process transformed me into a more patient, harder working person. The appreciation I have for the quality led to a desire to understand what creates that quality. Thanks to Frenchy Cannoli and others, I have found the undeniable answer (which I hope enters your life directly as no justice can be done in words or in photographs). The answer is the relation that the sun-worshiper has with their land and the plants they are growing. There is a bond that I am sure can be of happenstance, but in my short, trippy quest around the sun I have only seen it with a repeated common theme: love. Be it a strong love for cannabis, a love for the family that the farm is supporting, or a combo of both, love is the strongest theatrics emanating from the people and the plants of the Emerald Triangle. "For the French, it's not truly the farmer - it's the communities that support the farmer so that he can dedicate himself to the quality that he grows," Frenchy stated on the subject, at the Sonoma County Cultivation Group meeting on December 17, 2019.

As with all great things, popularity comes from potency. Which is hard to duplicate and produce on a large scale. Cannabis is God's (whichever god or goddesses you're into) way of showing us that it really is not working on a molecular scale. We have tried to play God and change the natural process of growing stuff on this planet and we are immediately appeased with our lightbulb frankenstein impersonators of plants that have never seen the sun, because they look the same. Genetically-engineered foods impersonate healthy delectables.

The entire Cannabis industry down to the method of delivery pivots on the lesson: treat the earth well in this holy sacrament's ceremony and you will be spared eternal physical suffering.

In other words, unite with the fierce bullhorns of love and purvey the knowledge of the plant that you have obtained with others. Amass a collective of associates and discuss the protection of the mother goddess earthship and her more helpless beings instead of enslaving them and ignoring her calls. You will be empowered. The entire backing of all ancestral human history is behind this movement waiting for critical mass to release pressure and gain deserved momentum.

My mother, when her demanding, concerned, caring opinion mattered to me as life or death, she planted a seed instead of instilling a sterile dead end. She didn't lie to me or bastardize the plant, she told me exactly her experience as if I deserved to even comprehend rationally the weight of the decisions to come. She told me she smoked it when she was younger and it made her giggly and she spoke of the munchies. She did not paint a horrific picture of drugs the way that indoctrination Long Island Public school punched it through the forehead of impressionable youth. She did however state a rational fear and concern which



PURE : White Mango - Grown by his family's farm, Healing Herb Farms ! Ice Water Sieved & pressed into Rosin all by Mr. Byrd himself ! Fantastic Dabtool by Happy Daddy Products !

stuck with me and provided a basis for the development of this very strong passion and set of beliefs I hold dear and hope to spread the passion for. She said: "You know, back in the day it was natural, now you have no idea what people are spraying on it". I remember at the time being a young tenacious teenager trying to convince her that no-one would pay more for cocaine or heroin to put that onto a cheap bag of weed because it economically didn't make sense beyond all else. I convinced myself in order to keep consuming the only cannabis which was available to me which was usually an untested, unregulated mystery plant. Only years later did the concept of pesticides and heavy metals ever cross my mind.

Upon first visiting the Emerald Triangle my life was changed forever. It seems that the people there are closer to the Earth than anywhere else I have lived in the United States (of 20 some-odd states I backpacked through in less-wise years).

There is something happening there that I believe would not be too affected by the rest of the world falling entirely off of the map. Legends claim that hippies magnetically floated up there after some bitches killed their vibe in San Francisco (probably the Federal Government) and, over time, out of desperation, found that they could sustain themselves by growing cannabis in massive outdoor fields. Something about living in isolation for so long and getting to know the true nature (pun fully intended) of the plant, changed these people. Everything in the entire area has an organic option or was literally grown on a farm down the street. Leaving New York in 2012 with destination unknown, I had been recently informed of the definition of "food desert" or a place where you cannot get a natively grown food, grown within a mile radius. If we were to convert this over to cannabis, how many places in the world can even access Cannabis that has been grown in soil under the sun? That is a really good question to me.

Where "agricultural marketplaces" are abandoned or forgotten, industry tries to invade

When a plant begins to attract attention, the sorcerers\ powers that be (usually) acknowledge that they cannot patent a plant so they try to genetically engineer a variant, and patent a strain. When a small company sells their

award winning product to a major producer, likely the end result of their monetarily tainted big-batch o'shit will be way off from the thing that a control group identified with.

There is a rare opportunity to acknowledge this wave and stop it from crashing down on our newly-established regulated marketplace. We have to put the agriculture back into the culture before they take the market out of the place and infiltrate with industry.

One of my favorite success stories in cannabis is that of Josh Kesselman who founded Raw Rolling Papers. Nature is the way, something strong inside of the soul of those of us aligned with the geomancy-or earth magick, has the visualization of the future a bright light in a dark tunnel. To me, Hash is the answer for the United States manufacturing crisis that I foresee upon Federal legalization (whenever the F that happens), first and foremost it is the true form of the plant in its minimally-refined, unadulterated glory. Secondly, it keeps better and even ages in this form. To Josh, 15ish years ago, he had the same vision about paper.



A new contender enters the field!

Though this is likely a take on something you have tried or thought of yourself, our specific take on this tradition is in hopes of empowering the true heritage Cannabis Culture & community of the Emerald Triangle: the double edged sword of Sungrown Regenerative Cannabis &&& her match in Hash. Meaning we pair the flower that makes up 80% of the joint, with hashish matching the flavor profile. In a perfect world, and in this case specifically, we were able to use literally the same crop for material that we made the hashish with. I call this a hashmakers dream. Empowering those who extend to us the quality that we work with. Shout out to Wildland Cannabis! Joey is an amazing passionate farmer and I love the slogans they use; "Grow Cannabis Under the Sun!" And "Grow Cannabis in the Ground!"

"The companies themselves I was trying to work with for bulk materials were telling me 'no' - they thought I was nuts...They were telling me things like "no-one will want to smoke a paper bag (talking about his now hugely-popular unbleached brown paper). Everyone thought I was wrong and I just fucking knew it man!" Josh said to the host of Highly Offended in a 2019 interview.

Together we can create a better planet through our collective love for cannabis.

Josh goes on to say, on his success (in cannabis) and on success in general: "the goal of capitalism...all this shit... is to convince you to go up another fucking level...and risk everything to make something better for all of us". This mindset will accelerate once more small economies become big ones (see the effect cannabis economy and tourism brought to the mountainous countryside of Colorado).

In the next several articles I hope to take you through a virtual tour of some of the sources of some of the greatest cannabis that I could have ever imagined existed, coming from the plastic and cement landscape of New York. I hope to give a platform to the great growers of the Emerald Triangle, who are at the forefront of this heritage cannabis culture, paving the way for things to become better in this country for everyone. I hope to give a platform to the hashmakers that have been doing it since I was sucking my thumb - who have only recently come out of hiding. A year ago I was trying to envision the right way to embark on this journey with the whole of human kind, I realize that those of us who are trudging through the mud leaving behind footsteps to follow in are those who should be given a voice. It is the communion of the Grower and the Hashmaker that is more important than any relationship in this industry. We recognize the love passed on into the plants and we cherish it as hashmakers. We want to emphasize the love that has been put into the plants and we want to highlight the quality for the world to see.

I recognize that the labor involved in growing the plant and being with her is vast and difficult, so I hope to receptively analyze and convey messages from the vast faces of the Emerald Triangle and give voice to these people. These people are so busy maintaining mother earth and preparing for the next harvest, someone must take on the quest of empowering these individuals. I speak for the families of the Emerald Triangle. I speak for the generations of families and the generations of families to come. I speak for those of us who cannot speak for ourselves. I speak for those of us who have been silenced by the drug war. I speak for those of us disenfranchised by poverty and systematic control. I speak on behalf of all oppressed persons and animals. I speak for the hopeless. I speak for the systems abandoned and the soldiers staying true to them, against all odds. I speak for the forgotten mysteries of the hidden history of the human race. I speak for the missing pieces of the puzzle. I speak to possibly awaken in someone else what was awoken in me. I speak as one final dying vestige of the natural human experience...I speak for the trees.

Thank you very much for your time and I hope that you go on to do something positive with all of that energy we just released.

PHYTOCANNABINOIDS: An Essential Nutrient

By Erin Kala Lindley

This may sound controversial but... I am really sick of Cannabis being called a medicine.

Let me explain.

My grandfather was at war with the Quack Grass on his farm. It encroached on his beautifully manicured lawns and flower beds. It wasn't until after he passed away did we find out that, that specific grass was an herbal remedy for prostate cancer, the ailment he died of.

We are far more connected to the plant kingdom than we know. Hemp is the largest and longest cultivated crop in human history, our relationship with it dates back thousands of years.

Would it not be safe to assume that we evolved alongside it?

Anyone who has ever spent time in a hemp field will attest... You feel great, the myriad of terpenes are uplifting. A farmer's wife once told me that her arthritis all but disappeared just from sleeping with the window open next to her hemp field. Any Cannabis user will testify to the sense of well-being and calm this plant provides. A solution to the modern day plagues such as anxiety, depression and chronic pain with new users of non-psychoactive PhytoCannabinoids reporting an almost instant relief of symptoms.

Sounds like a medicine right?

If you give a hungry person food, their response to the nutrition is an almost instant relief of symptoms... Correct?

Let's change the conversation about Cannabinoids, they are a food and globally we are really really hungry.

Essential Nutrients are defined as nutrients that the body cannot make or produce in sufficient quantities on its own so therefore need to be obtained through the diet. They include the building blocks of carbohydrates, essential fatty acids, proteins, certain vitamins and minerals, and water. The World Health Organization defines nutrients as essential for growth, reproduction and good health.





"An essential nutrient is a nutrient required for normal physiological function that cannot be synthesized in the body – either at all or in sufficient quantities – and thus must be obtained from a dietary source."¹

Hemp seeds have the perfect balance of essential fatty acids Omega 3 and 6 needed for normal physiological function.

The protein in hemp is one of the most easily digested proteins on the planet. Human Breast milk contains an abundant source of endocannabinoids, a specific type of neuromodulatory lipid that teaches a newborn child how to eat by stimulating the suckling process. The endocannabinoid system is the body's communication system; mother's milk gives the baby a vital life saving boost of these essential nutrients and then after weaning we are left to find Cannabinoid sources in our diet.

Phytocannabinoids are classified as plant phytochemicals that communicate with the endocannabinoid system. Food sources of phytocannabinoids include anandamide from cacao, beta caryophyllene from black pepper and the 140-plus cannabinoids from cannabis sativa which directly react with the CB1 and CB2 receptors.

Up until prohibition we worked very closely with the hemp plant. There are recipes of the flowers use in the Vatican; Christopher Columbus took the seeds on his journey.

There is no coincidence that our bodies contain a whole system that reacts to the plant we as humans have historically interacted with more than any other plant. The indigenous populations across the world have known for millennia what we found out about my grandfather's Quack Grass: The medicine we need will grow around us. Turmeric, one of the cornerstones of Ayurvedic Medicine contains Cannamemmetics, a phytonutrient that indirectly communicates with the endocannabinoid system. Kava Kava is used as a spiritual medicine in Polynesian cultures and Ginseng, one of the most widely used plant medicines in Traditional Chinese Medicine also acts as a Cannamemmetic. Traditional Chinese Acupuncture points look very similar to the endocannabinoid system.

Bioflavonoids are a category of plant phytochemicals currently being considered as "Lifespan Essential" meaning that they are needed to achieve full lifespan by reducing chronic disease. Citrus bioflavonoids, polyphenols from tea, quercetin and proanthocyanidins from red wine are all currently being researched and are classified by common biochemical characteristics.²

The scientific body of evidence for the establishment of a Dietary Reference Intake (DRI) of phytocannabinoids is growing everyday and rivals data on bioflavonoids and other plant phytochemicals currently considered Essential.

It's time to start thinking about phytocannabinoids as a food with a focus of study daily intake recommendations rather than just a treatment or medicine.

During three distinct human developmental stages (embryonic implantation, prenatal brain development and postnatal suckling), the endocannabinoid system appears to play an essential role for development and survival.

Thus, during early pregnancy, both successful embryonic passage through the oviduct and successful implantation into the uterus require critical enzymatic control of optimal anandamide (a phytocannabinoid) levels at the appropriate times and sites.^{3,4}

In my opinion the role that phytocannabinoids play in conception and fetal development can lead to no other conclusion then this plant still considered a drug by the United Nations is in fact an essential nutrient.

"A study done in 2008 examined the concept of clinical endocannabinoid deficiency (CECD), and the prospect that it could underlie the pathophysiology of migraines, fibromyalgia, irritable bowel syndrome, and other functional conditions alleviated by clinical cannabis. Conclusion: Migraine, fibromyalgia, IBS and related conditions display common clinical, biochemical and pathophysiological patterns that suggest an underlying clinical endocannabinoid deficiency that may be suitably treated with cannabinoid medicines."⁵

In December 2018 the United Nations tabled their decision to de-schedule Industrial Hemp as a narcotic. A plant that is as psychoactive as my Grandpa's quack grass. A plant that provides 5 times as much fiber as trees and takes 90 days to grow. THE plant that can provide a solution to our climate woes.

In February of 2020 the United Nations tabled the de-scheduling again. In Spite of being presented with the evidence that it is an essential nutrient.

The organization we depend on for our global safety and wellbeing has knowingly decided to criminalize access to a plant that our body requires for normal physiological function. In my opinion, this (and many other things) render the UN irrelevant.

We are living in a pivotal time right now, the opportunity to shed greeds debris and live synergistically with our planet is not only upon us, but necessary.

If the "powers" that be choose to make such a detrimental decision I see only one choice. Plant Hemp, Grow Hemp, Eat Hemp... Change the world.

1 "WHO | Nutrients - World Health Organization." <http://www.who.int/elena/nutrient/en/>.

2 "Flavonoids | Bioflavonoids | Review | Integrative Therapeutics." Flavonoids | Bioflavonoids | Review.

3 "Multiple Roles for the Endocannabinoid System During the Earliest" Multiple Roles for the Endocannabinoid System During the Earliest Stages of Life: Pre- and Postnatal Development.

4 "Endocannabinoid Signaling in Female ... - NCBI - NIH." 3 Mar. 2012, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3382454/>.

5 "Clinical endocannabinoid deficiency (CECD) - Europe PMC." <https://europepmc.org/abstract/med/18404144>.

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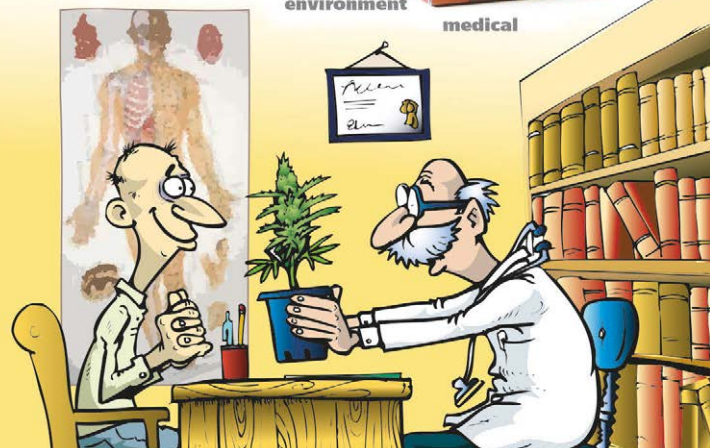
This stylish pin-up glass pipe from 'Black Leaf' will really get you going, because the draught is bongastic! The 6-arm tree percolator makes the water bubble strongly so that your lungs don't go limb. Of course there is also a kickhole, which is placed very delicately at the 'BONGASM' – wait and see!



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STRAWBERRY LEMONADE

WORDS & PICS: GREEN BORN IDENTITY - G.B.I.

In the mood for lemonade? No? Too many calories? Well, for cannabis aficionados, there is an alternative which is entirely free of sugar coupled with a purely organic fruity fresh strawberry/lemon aroma.

I am talking about Strawberry Lemonade, a sativa dominant (60%) hybrid belonging to the Cali Collection of Barney's Farm from the Netherlands. Which was bred from Strawberry and Barney's own Lemon OG.

This strain's intense aroma is supposed to "make nostrils fizz and taste buds explode" – now that's what I call a bold prediction by Barney's! She's got more than 20% THC under her belt and, just the way it ought to be with a good lemonade, Strawberry Lemonade is prickling strongly, having a stimulating energizing effect which makes her a good candidate for day time use. Thanks to these kinds of effects, she's able to cause mirth and act as a mood booster.



But Strawberry Lemonade not only boasts a bodacious aroma and effect, her grow characteristics read pretty excellent as well – after a flowering period of 60-70 days, growers can look forward to a maximum indoor harvest of up to 700g/m2. Out in the open, she has proven to be a great performer, too, producing yields of up to 2.5 kilos per plant. Another good aspect here, Strawberry Lemonade comes with a strong mold resistance (5/5 on Barney's rating scale) and has quite an early finishing (1st-2nd week of October), so that all helps keep the risk of mold infestation low. Spider mites don't have it easy with this variety either as her resistance against these suckers is rated at 4/5.

STRONG VIGOUR IN THE VEGGIE STAGE

Making no secret of her sativa-dominant genes, Strawberry Lemonade grows quite tall, not infrequently reaching heights of 120-150cm indoors. Nevertheless, Barney's rates its grow difficulty at 2/5, regarding it as a fairly uncomplicated strain. Which came right on cue for The Doc, because more indica-dominant strains are flooding the market than ever before, and he as a user likes to also have weed in his stash with a stimulative freshening effect, as a counterpart or antidote to all those sedative indicas.

"Okay let's go for it!", he rejoiced when he spotted this Barney's Farm strain. Straightaway he got himself some seeds, two of which found themselves in Jiffy pots on the very same day. After a quick and smooth germination process, the two seedlings soon picked up growth speed. In quick succession, one pair of leaves after another evolved, so the young plants displayed a strong vigor. Leaves were dark green and quite slender. Side shoot development started early, too. The Doc noticed that the side shoots were growing unusually straight upwards, not expanding as is usual. Also this fifth Barney's strain tested by The Doc showed a great deal of uniformity – when he switched them into flowering after three weeks of vegetative growth, his two Strawberry Lemonades were 38 and 40 cm, quite tall at this point already, by his standards.

TRUE MONSTERS OF RESINOUS BUDS WITH A SUPER FRUITY GOURMET AROMA

When in the flowering stage a very dynamic branch elongation set in, that vertically oriented side shoot growth continued. The main stem stretched out even stronger than the side shoots, leaving their tips way behind and towering steeply up from the centre. And soon it adorned itself with a tremendously big head bud! Reported The Doc after nine weeks of flowering, "in the middle, a true monster of a top cola has taken shape, what a large-dimensioned humdinger it is! The flower structure is likewise fantastic, consisting of countless densely packed calyxes surrounded by only a few sugar leaves. The whole thing is heavily frosted with resin glands - it's one massive sparkling promise of sativa quality of the highest order, I'm totally blown away by that view! Their head buds aren't the only reason to be wowed by these plants though, the same happens when looking at their 14 side tops each of stately size which are some real eye candy. Boy, this harvest will be a rich one! I guess in a week or so the plants will have fully matured. Another stunning feature of these plants, indeed, is their aroma. Barney's was so damn right in speaking that glowingly about it: the flowers are really smelling remarkably strongly of lemon and, secondarily, also strawberry, it's an exciting, deliciously fruity fragrance blend I hadn't encountered before. Super curious what the taste will be like!"

WEIGHING LEADS TO A BOMBSHELL RESULT, STRAWBERRY LEMONADE PROVED TO BE A BUMPER YIELDER

The Doc kept his two Strawberry Lemonades flowering for 70 days, then harvest time had come, precisely at the very end of the official maturity window. To heights of 109 and 117 cm the two plants had eventually grown, having increased their heights at the end of the veggie stage almost threefold. Thanks to the buds' low leaf count, he waltzed through harvest work, swiftly trimming those numerous buds and placing them into his drying net. When it was weighing time a few weeks later, the scales needle went to sensational 272 grams. Cheered The Doc, "wicked! 136 grams per plant! A real bombshell result, Strawberry Lemonade has proven to be a hefty bumper yielder."

IN ONE'S MOUTH, BODY AND BRAIN, ON THE SKIN: THIS KIND OF LEMONADE PRICKLES EVERYWHERE!

When test-vaporizing the strain was due, The Doc felt groggy and tired after a laborious working day, but had to do some housework also. "So I hoped that Strawberry Lemonade could be of help here, serving as an activity booster", he said. After he had opened one of his storage jars filled with Strawberry Lemonade buds, he got enveloped by a stupendously lemony waft of scent that was strongly reminiscent of those lemon-flavored calcium fizzy tablets he uses sometimes - not only sour but also sweetish as that hint of strawberry was still present as well. And then he sensed it when he inhaled a first vapor cloud off his Mighty vaporizer, the incredibly lemon-like weed taste of Strawberry Lemonade.

"It was a strong prickling sensation on my taste buds, rarely before had such a fruity marijuana flavor appeared in my mouth, this stuff could almost pass off as a mouth refresher! But just like the smell, it's not only sourly lemony, but also somewhat sweetish", The Doc said as he described his flavor experience.

While the first puff had an instantly eye-opening, view sharpening effect, the second and third almost gave him a goose bump feeling, just like previously in his mouth, there now was a tingling sensation inside his body and on the skin. He felt his organism aroused to activity and his heart beat accelerated which made him leap from his chair in an agile manner and get to work – he had to do the dishes, an actually boring bothersome sort of work, but additionally driven by some peppy house music, it was almost fun. The Doc was in high spirits and sublime mood, after having done the dishes, he even danced to the music for a while. When this strongly invigorating effect ebbed away after about an hour, he enthused "this was first-class sativa fuel that managed to kind of jump-start me!" What followed was a phase of relaxation and winding down.

Summing up his test experience, The Doc said, "good, better, Strawberry Lemonade! This super sativa has enthralled me all the way, it achieved highest marks in every category and really is a fabulous plant. Which has catapulted itself into my personal sativa top ten, if not even top five – and that undoubtedly means a lot after four decades of home growing!"

CULTIVATION DATA:

Genetics Strawberry Lemonade (Strawberry x Lemon OG)

Vegetative stage three weeks (after germination)

Flowering stage 70 days / 60-70 days in general

Medium Plagron Grow Mix soil, 11 litre pots

pH 6.2-6.6

EC 1.2-1.8 mS

Light up to 12 x SANlight S4W = 1680 watts

Temperature 19-28°C

Air humidity 40-60%

Watering by hand

Fertilisation Organic Bloom Liquid from Green Buzz Liquids

Additives/stimulants Living Organics, More Roots, Humin Säure Plus, Big Fruits, Fast Buds and Clean Fruits from Green Buzz Liquids

Tools CleanLight Pro for mould prevention

Height 109 and 117 cm

Yield together, 272g





CHEF
**SEBASTIAN
CAROSI**

COOKING WITH CAROSI

THE UBIQUITOUS ROASTED BEET SALAD...

Thirty-five years into the farm-to-fork movement every professional chef and home cook alike has their version of a roasted beet salad. For me, I get a thorough kick in the pants out of knowing my family descends from an area of Northern Italy that has a small town named Chioggia, those of you that know heirloom vegetables, and beets in particular, will quickly recognize the name, also associated with the candy-striped beet with the same name. The beet no one really knows how to pronounce. It's like this, "key-oh-ja". With beets basically in my DNA, I have grown to like them any way that they can be prepared. But roasting has got to be my all-time favorite way to eat them, especially when the beets get a little bigger and are still very earthy and sweet.

These cannabis roasted beets are no different: super sweet, herbaceous, earthy and palette pleasing. For this particular recipe I chose heirloom Bull's Blood beets to meld with the piquant cannabis while slow roasting. This rare variety, the Bull's Blood beet, has a higher nutritional value than any other beet out there. An older heirloom cultivar that is known for its natural sweetness, remarkably earthy flavor and as an excellent source of

antibiotics, minerals and vitamins. They are also known to contain betaine, a compound essential for good cardiovascular health. And let's not forget those gorgeous deep red leaves that are just as delicious and nutritious as their underground counterparts.



This old-school variety's name hints to its mid-nineteenth-century origins when beets were known as 'blood turnips' circa: 1840. Making a beet salad with such a historic and rare beet we couldn't just use a normal orange, now could we? No.

Loaded with lycopene and complex flavors I chose the Cara Cara orange, discovered at the Hacienda Cara Cara in Valencia, Venezuela in 1976. This super sweet, slightly tangy, low acid citrus is the perfect match for the earthy beets. Crispy fried garden grown herbs, lemonade vinaigrette and wild fennel pollen that I foraged along the Columbia River are also complimentary accompaniments. The wild fennel pollen is also terpene-rich,

loaded with limonene and alpha pinene, giving you more reason to add this great salad to your roughage repertoire and a wonderful opportunity to get outside and to forage or garden for a few of the ingredients utilized in your kitchen.

CANNABIS ROASTED BEETS, CARA CARA ORANGES, FRIED GARDEN HERBS + LIMONENE LEMONADE

Prep time: 15 minutes | Roasting time: 1 hour
Yield: 4 individual salads or 1 family style salad
Status: vegetarian
Total THC/CBD: depends on potency of products used

Equipment & product sources:
trueeterpenes.com | magicalbutter.com | jacobsensalt.com

Equipment needed:

Small baking dish, chef's knife, cutting board, whisk, 2 small stainless-steel mixing bowls, medium stainless-steel mixing bowl, small sauté pan, large spoon, rasp, serving plates or platter.

Provisions needed:

- 4-6 whole roasted heirloom beets (the size of a baseball)
- 1/2 oz quality cannabis buds
- 1/4 cup cannabis infused grape seed oil
- Salt and pepper
- 3 Cara Cara oranges (peeled, cut into segments)
- 1/4 cup very young wild chickweed
- 1/4 tsp wild fennel pollen
- 1 tsp fresh cracked pepper
- 2 tsp Jacobsen Salt Co. sea salt flakes
- 1/4 cup sour cream
- 1 tbsp fresh grated horseradish

(vinaigrette)

- 3 tbsp cannabis infused grape seed oil
- 1 tbsp fresh squeezed orange juice
- 2 tbsp fresh squeezed lemon juice
- 1 drop true terpenes limonene
- 1 tbsp cannabis rice wine vinegar
- 2 tbsp wildflower honey
- pinch of salt + pepper

(fried herbs)

- 1 tbsp fresh rosemary leaves
- 1 tbsp fresh tiny sage leaves
- 1 tbsp fresh parsley leaves
- 1 tbsp fresh thyme leaves
- 1 tbsp fresh cilantro leaves
- 15 thin slices of fresh jalapeño
- 1/4 cup vegetable oil



How to make it:

- FOR THE BEETS Preheat an oven to 400°. Wrap the oil drizzled, salt and pepper sprinkled beets and cannabis buds in foil packets. Seal up nicely. Place the bundles on a baking sheet. Roast in a 400° oven for about an hour. When cool, use a paper towel to rub off the beet skins. (dry + keep the purple buds for another application) Slice the beets into large thin rounds. Place in a big casserole and drizzle the slices with a couple of tbsp's of the vinaigrette to marinate for 15-20 minutes before serving.

-FOR THE VINAIGRETTE In a small stainless-steel mixing bowl with a whisk combine the oil, lemon juice, rice wine vinegar, terpenes, honey and the salt + pepper. Whisk until combined well, now add the oil, stir well. Refrigerate until ready to use.

-FOR THE HORSERADISH CRÈME In a small stainless-steel mixing bowl with a whisk, mix the sour cream and the horseradish until smooth. Refrigerate until ready to use.

-FOR THE FRIED HERBS Heat the 1/4 cup of oil in a small saucepan, in batches fry the herbs until they are crispy. Set aside on a paper towel to drain until ready to use.

-TO ASSEMBLE THE SALAD Arrange the marinated beets on your desired serving plates or platter. Drizzle the remaining dressing over the beets. Arrange the orange segments over the beets. Sprinkle with sea salt flakes + pepper. Sprinkle the fried herbs over the beets. Drizzle or dot the beets with horseradish crème. Arrange a few leaves of wild chickweed on the beets. Sprinkle with a pinch of wild foraged fennel pollen. Serve.

Chef Sebastian Carosi: A Short-order Cannabis Revolutionary

Sebastian Carosi is a farm-raised, old-school culinary professional with over twenty-five years in the restaurant and hospitality industry and a pioneer in the country's 'farm 2 fork' movement.

Originally from Providence, Rhode Island, Carosi grew up on Federal Hill where the Mafia ran the red sauce pasta houses of Little Italy. It was here that Chef Carosi earned his culinary & hospitality degree from the Western Culinary Institute in the lush green city of Portland, Oregon. Following on from this, he did several apprenticeships in Sardinia, Italy at his family's agriturismo and is one of only three trained shaker chefs left in the world.

During his career he has cooked from coast-to-coast and in several countries outside of the United States, but he has also operated across the entire spectrum of food service facilities, from multi-million-dollar mega resorts to thriving intimate neighborhood eateries, while always maintaining a direct link to every local food source and farmer that can feasibly supply his needs.

Chef Carosi is an avid Pacific Northwest forager and wildcrafter, living off the grid for several months each year in the foothills of Mount St. Helens. These wild edibles are expressed throughout his hyper seasonal menus.

While he has been cooking with cannabis since the mid 90's, Chef Carosi

currently offers his expertise to the cannabis industry in the form of cooking with cannabis educational culinary demonstrations, product research & development, cannabis production kitchen design and upfits, production kitchen staff training, standardized recipe development, terpene fortification, dosage calculations and formulas, production schedules and staffing needs, production equipment training, conference cooking demonstrations, full spectrum cannabis consumption, responsible diabetes control through cannabis, private cannabis dinners, cbd and terpene-fortified cocktails and mocktails, everyday cooking with cannabis and the health and nutritional benefits of cannabis in your kitchen.

You can read his regular cooking with cannabis column in the pages of Maximum Yield magazine here in the US and in Canada or find his chronic cannabis creations in the pages of Kitchen Toke, Cannabis, Tokewell, Marijuana Venture, Civilized, Weed World Magazine, The Emerald, Soft Secrets, The Clever Root, Stoned Daily and the Green Greek magazine in Greece.

You can find him doing sustainable grub cooking with cannabis, terpene fortified culinary demonstrations at the Seattle Hempfest®, the Boise Hempfest, the Oregon Hempfest, the Auto-Flower Cup, the Oregon Hemp Convention and regularly at the Northwest Cannabis Club in Portland, Oregon... he also shares most of his terpene fortified recipes on Instagram.

#SHORTORDERCANNABISREVOLUTIONARY IG: @CHEF_SEBASTIAN_CAROSI | TWITTER: @CHEFCAROSI | WEEDTUBE: @CHEFCAROSI

INVESTMENT OPPORTUNITIES IN EUROPE'S Emerging Cannabis Market

By Bethan Bee Rose



Believe it or not, Europe looks set to transform into a legal weed haven in the foreseeable future. According to a recent report from Prohibition Partners, the European cannabis market will emerge as the world's biggest within the next five years.

Politics is acting as a catalyst for growth in Europe's cannabis market; the European Parliament Committee on the Environment, Public Health and Food Safety is in the process of drafting "region-wide regulatory framework on medical cannabis," which would ensure properly-funded scientific research into the plant's medicinal benefits.

What's more, a handful of countries in the European Union have begun or are – at the very least – contemplating amending their cannabis laws. Progress is undeniable, what with the World Health Organization (WHO) having rescheduled CBD so that it is no longer considered a controlled substance. Although no rules have been enacted for EU-wide medical/recreational cannabis legalization just yet, investment opportunities are abound.

Some European markets have already introduced CBD products for “wellness purposes”

A non-psychoactive cannabinoid that can be derived from both cannabis and hemp plants has taken the wellness market by storm lately. Of course, we are talking about cannabidiol, A.K.A. 'CBD'. On a global scale, the CBD market is projected to soar in value to \$2.3 billion by 2025 (data gleaned from a report authored by QY Research).

Slowly but surely, CBD is becoming a must-have ingredient to be found inside food cupboards, stocked on the shelves of health and wellness stores, and adorning pharmacies. This cannabinoid is not a mind-altering substance, unlike its psychoactive cousin THC (tetrahydrocannabinol). As CBD progresses to various mainstream avenues – such as the infused drinks market and the cosmetics market – its potential is being noticed by the European Commission.

Recently, the Commission announced that CBD-containing foods will now be defined as novel foods under the European Novel Food Directive. This means that CBD-enriched food supplements are now classed as novel foods. It doesn't, however, mean that ingestible products are exempt from the necessary analysis, checks and registration. Over in the snow-capped European country of Austria, however, CBD-containing products are available only with a prescription.

“New products, distribution, and supply channels have further advanced cannabis consumption and presence throughout Europe over the last 10 years,” Prohibition Partners' report states. With 747 million prospective consumers to target, it's not surprising that analysts predict such great levels of success for the European cannabis industry. Many European companies are venturing into the legal cannabis space and capitalizing on what has been dubbed “The Green Rush” without even coming into contact with the plant.

Ancillary cannabis companies are tapping into the profit potential of weed by providing services that assist cultivators, extractors and retailers. For example, Heliospectra – a Swedish company that specializes in

providing commercial greenhouse growers and horticulture producers with LED lighting solutions – is profiting from cannabis before it fully hits the European market. Medical cannabis aside, the recreational segment is also blossoming and if industry analysts are correct, the European recreational cannabis market could eclipse other global markets by 2028!

How to Invest in the European Cannabis Industry

The competition regarding European cannabis investing is – for now – not as stiff as it is in Canada and the U.S.: the legal cannabis markets in these North American countries are much more well-established. For these reasons, among many others, stock market analysts, traders and investors should keep a close eye on the following pot stocks amidst the rise of Europe's cannabis market:

The Yield Growth Corp. - On July 10, 2019, this vertically-integrated wellness asset growth company revealed that it has entered into an agreement with Melorganics to distribute Urban Juve products throughout Cyprus and Greece; making it a good stock to monitor for value appreciation.

HEXO Corporation - A publicly-listed company in Canada since 2017, HEXO has come on leaps and bounds since its inception in 2013. The company recently announced its foray into the European cannabis market after receiving a medical cannabis installation license from the Greek government. With this license, HEXO MED can kickstart cultivation, processing and manufacturing operations in the Greek region of Thessaly.

ICC International Cannabis Corp. - In December 2018, this cannabis company announced that it had expanded the land on which it cultivates plants. The company unveiled plans for the development of a 150,000 square-foot certified Greenfield cultivation, processing and manufacturing facility in Møldrup, Denmark. The Danish facility will be capable of churning out 20 million grams of premium dried cannabis flower when operations commence fully.

Cannvas MedTech Inc. - This cannabis company recently changed its ticker symbol and even its name. Cannvas will now trade on the Canadian Securities Exchange under the ticker “EURO.” As part of its rebranding strategy, Cannvas wants to be known as “Eurolife Brands Inc.”, thus indicating its confidence in the European cannabis market.

Freyherr International - This pot stock is one to watch, since the medical cannabis producer Freyherr is preparing to list in London. Freyherr is the British parent company of a number of medical cannabis firms based in Slovenia. The company will use just over \$2.5 million to establish standalone medical cannabis operations in southern Europe.

Alternative Ways to Invest in Europe's Cannabis Market

If you aren't a fan of the stock market and want to search for opportunities elsewhere, you'll be pleased to know that there are numerous ways to capitalize on Europe's cannabis market. Listed below are a handful of avenues that you can venture down if you want to get a slice of Europe's pot pie:

Cultivation and/or Extraction - Industry analysts say that investors can make their safest bet by focusing on European cultivation and extraction facilities. Numerous facilities are cropping up throughout Europe, many of which are capable of cultivating the plant over large surface areas, as well as extracting high-quality cannabinoids from raw material. Perhaps the best extraction options can be found in Italy, where cultivators are allowed to process hemp flowers for the creation of CBD isolate that can be sold in the EU B2B market. Since the cost of CBD isolate appears to have sunk over the past year, consumers won't be as hesitant about buying extracted cannabis products from the European market.

Ancillary services - You don't have to touch the plant to profit from it. "Plant-touching" roles in the cannabis space include production, manufacturing, cultivation and product processing. Conversely, ancillary companies are tapping into the potential of cannabis investing from the sidelines. What does this mean, you ask? It means that you could invest in the European cannabis market by dabbling in marketing, media, technologies, equipment, transport and security for "plant-touching" businesses. If you're still pondering over the idea of cannabis stocks, consider investing in publicly-traded ancillary cannabis companies, such as security and compliance specialist Helix TCS, Inc. (OTC:HLIX) or testing/laboratory company Digipath Inc. (OTC:DIGP).

Consumer Packaged Goods (CPG) - Fancy creating a product that consumers truly love? If so, the European CBD-CPG market could be right up your street; particularly the hemp-derived CBD segment. Amidst the transition from illegal to legal cannabis sales in various European countries – inclusive of health, wellness and medical markets – the CBD-CPG market harbors long-term opportunity for growth. Since the non-psychoactive cannabinoid CBD possesses a plethora of uses in the mainstream market, CBD-infused products could potentially replace traditional everyday goods; the cannabinoid is a suitable ingredient for use in topical skin care products, beverages, edibles and vape products, to name a few.

Mass Consumer Markets - Not everybody is sitting on a mountain of cash that they can inject into the European cannabis market. However, if you are lucky enough to be financially blessed, why not go full steam ahead and target the mass consumer demographic? Succeeding with mass production requires a strategic marketing technique, an approachable market, smart shipment options, thorough planning, and a range of products that can be continuously updated, e.g. technology/gadget upgrades and new/limited edition drink flavors that serve a broad market. Moreover, if you collaborate with world-recognizable brands, there's nothing to say that you can't become the next big dominant firm sprouting out of Europe!

Pharma - The green, leafy plant that is cannabis has – in recent times – been acting as a catalyst for the pharmaceutical industry's growth. In particular, CBD has been touted for its medical potential; the European CBD market is on-track to grow 400% within the next four years, based on a report by the Brightfield Group. On that note, keep an eye out for pharma-related cannabis investment opportunities, such as companies that produce/manufacture plant-based chemicals and synthetic chemicals, or companies that utilize equipment for cannabis-testing purposes.

Support for Cannabis Legalization in Europe is At An All-Time High

It seems that Europeans want to follow in the footsteps of North America, which has paved the way for legal pot and continues to do so. In 2019, North America's cannabis market was valued at US\$ 12.9 billion; equivalent to GBP £10.5 billion. With Europeans watching people across the pond gaining increased access to legal cannabis – while they wonder if their country will adopt similar laws – it was only a matter of time before support for cannabis legalization in Europe ignited.

A prime example is the Netherlands, which is without a doubt the most popular European tourist spot for cannabis connoisseurs; thanks to its relaxed drug laws. Based on the results of a poll conducted in 2016, an impressive 70% of Dutch residents supported the idea of cannabis legalization. The cannabis coffee shop scene unfurled across the Netherlands and, in particular, Amsterdam during the 1970s.

Over in Great Britain, twice as many British adults support legal weed, as opposed to those who don't. This is based on the results of a Populus poll commissioned by the Centre for Medicinal Cannabis and Volteface. The poll also indicated that three in four (or more) people are willing to try cannabis with a doctor's approval.

In Germany, approximately 72% of people aged above sixty are in favor of legalization; 37% of those people below the age of 30 supported cannabis legalization in Germany. The statistics were pulled from Research Institute Forsa, which also discovered that 34% of Germans believe that up to four ounces of adult-use cannabis should be available to purchase in licensed specialist stores.

Conclusion

Of the 44 countries that are snuggled within the European Union's borders, only Switzerland presents its residents with the opportunity to participate in voter initiatives for cannabis legalization. Citizen-initiated ballot measures have led to legalization unfurling across 17 U.S. states. An additional 16 states have legalized the plant by means of legislative action; this has stimulated progress for Europe's budding cannabis market, where regulations and laws pertaining to the plant's use are still being straightened out.

In February 2019, a non-binding vote was cast by the European Parliament to provide people living in the continent with better medicinal-grade cannabis access. The vote triggered a bout of research into the plant's health effects. In addition to this, Parliamentary members urged the European Commission to lift the barricades that are currently obstructing cultural, financial and regulatory progress in Europe's cannabis industry.

The year 2020 could mark a pivotal moment for legal pot in Europe, with cannabis industry analysts predicting that the grass could quite possibly be greener on the other side after all. If the market estimates outlined in this article are anything to go by, investors ought to pay close attention. Plus, with reports of the WHO advising a rescheduling of cannabis and amending various facets of international drug treaties, there are plenty of signs pointing to the likelihood of legalization blooming – eventually – across Europe.

FEM



The Big Freeze is a re-worked, teeth-meltingly delicious Sweet Tooth.

The plant produces ginormous, dramatically dense Big Head buds that look frozen with the abundant mass of glittering crystals that weigh the entire plant down.

Big Freeze reminds us of a tall, snow covered Canadian pine when ready for harvest, with that classic Christmas tree shape and it grows a dense, central kola that seems to get harder and harder towards cropping time.

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FEM



Classic Afghani line developed in northern Europe, where it was selected for its quality, fast flowering and excellent adaptability to the adverse conditions of northern climates. Ripens very quickly, producing hard and resinous buds with hashy and coffee aromas. The effect is relaxing, with good strength and a high medicinal value. Excellent for outdoor growing at high altitudes or northern latitudes where the cold, wind and rain doesn't allow most Afghani varieties to ripen.

ERDPURT

ACE SEEDS

FEM



Bred by Soma Sacred Seeds, NYC Diesel (or Soma Sour Diesel) is a 60% sativa-dominant cross between a Sour Diesel clone and an Afghani/Hawaiian male. A pungent lime and grapefruit aroma is the mark of a high quality batch underpinned with the extreme pine that SCBDx brings to the table, along with the high CBD content and increased terpene profile.

Flowering Time: 60-65 days
Ratio: 40% Indica / 60% Sativa
Medicinal Level: 100%

NYC DIESEL X SCBDX

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Olivia Newton-John & John Easterling

Using Cannabis Oil for Cancer and Replacing Opioids

By Sharon Letts

Olivia Newton-John needs no introduction. With a 50 year musical career and more than 100 million albums sold including: four Grammys, ten number one hits, and awards too numerous to name. Her starring roles in Grease and the cult classic Xanadu came with praise from Billboard Magazine, naming Olivia one of the Greatest of All Time Hot 100 Women Artists in 2015.

Recently, she took to the stage with some music greats, including Sir Elton John, Queen, Adam Lambert, and Michael Buble, for a charity concert, Fire Fight Australia, benefiting the victims of the fires in Australia, the country where she was raised.

But, cancer doesn't recognize talent or success, and celebrities are not spared from heartache, disappointment, and life-threatening illness.

Newton-John's first diagnosis of breast cancer came in 1992, with Olivia undergoing surgery and nine months of chemotherapy. This experience caused her to become devoted to breast health advocacy, forming a partnership with Austin Campus in her hometown of Melbourne, Australia. She founded the Olivia Newton-John Cancer and Wellness Centre with a focus on the alternative therapies that were offered to her during her cancer treatments – including, acupuncture, meditation, and yoga.

With mindfulness a focus, she then opened Gaia Retreat & Spa in Byron Bay, New South Wales, Australia. The retreat has garnered many accolades, including third on TripAdvisor's Top 10 Celebrity-Owned Hotels in the World; as well as the World Luxury Hotel Awards 2018 #1 Global Hotel of the Year.

In 2008 Olivia married "Amazon" John Easterling, known for his advocacy to protect the Amazon Rain Forest. He's also a Master Herbalist, and has been working with plant-based remedies for more than 30 years.

When Newton-John's cancer reared its ugly head again in 2013, this time in her shoulder with mets to her lungs, Easterling was ready.

Guanabana, camu camu, cat's claw, Sangre de drago, and





various medicinal mushrooms were some of the super foods from the Amazon that Easterling formulated for his wife; including a strong tincture made with his own process using cannabis.

Just six weeks after starting the cannabis and plant-based protocols, Olivia's daughter, Chloe, flew into Los Angeles for a group viewing of the scans. Where nine spots had presented prior in her lungs, now there were four – with her cancer markers substantially down.

"We expected the radiologist to roll his eyes," Easterling said. "But, he asked us to send him all the data! He wanted to know everything we were doing, right down to the plants, formula and dosage."

Reoccurrence, More Plants

In 2017 Olivia began a residency in Las Vegas and admitted to slacking on her maintenance protocols to keep the cancer at bay. The first red flag was an assumed sciatica flare-up. By September of 2018, she said the pain was excruciating, while doing a wellness walk in her home country of Australia.

"That's when we found the tumor had metastasized to my sacrum, as Stage Four," she explained. "I was lucky enough to be able to check myself in at my own wellness center in Melbourne. It was wonderful to be able to experience all the therapies myself. I painted and practiced mindful meditation. And, though Australia is not yet legal for cannabis, we are working on change with our own research."

Targeted photon radiation and morphine was prescribed for the pain, along with the plant remedies (less cannabis), including algae and fucus, as Easterling advised, as they help chelate the excess radiation.

A Life of Herbs

"Our garage is full of herbs," Olivia mused, while John listed the poundage of medicinal plants from around the world in the couple's garage in California, turned apothecary stash.

Easterling grows a number of cultivars with a focus on the plant as chemovar, a more scientific way to view the many compounds, via terpene and cannabinoid extraction from the whole plant, treating the cancer while strengthening the immune system, quelling illness.

Running 26 chemovars of flower material in dry ice, he separates and concentrates the trichomes, extracting in cold alcohol using Extracatohol, a 190 proof organic sugar



cane alcohol, then filtered. He calls this formulation Extract One Tincture.

The Extract One Tincture is a full profile extract of cannabinoids in their acidic or A-form, with naturally occurring terpenes. Some of the Extract One Tincture is run in a distiller with heat, decarboxylated, and concentrated into an oil, or Extract Two Oil.

Important to note: There are more than 140 known and

researched cannabinoids found in cannabis, out of nearly 500 beneficial compounds.

Extract Two Oil is a fully decarboxylated oil, with high concentrations of cannabinoids, including tetrahydrocannabinol or THC.

He then blends the highly soluble Extract Two Oil, into the Extract One Tincture. Olivia takes the tincture using a dropper, consuming 1500 milligrams throughout the course of the day, working out to about 600 milligrams of THC and 200 milligrams of CBD in both Acidic and decarboxylated forms.

Patients must work their way up to a therapeutic dose of the highly psychoactive formulation, to successfully deal with cancer cell death, while building the immune system and healing any damage done from the traditional treatments of chemotherapy and radiation.

Olivia took small drops of tincture throughout the day, working up to a larger dose in about six weeks' time. It wasn't easy for Newton-John to open up about her cannabis use, as her image has been squeaky clean for as long as we've known her in the public light. Admittedly, she had tried cannabis years ago and had a bad experience, so wrapping her head around the fact that the plant could help with her cancer treatments was initially a challenge.

"Cannabis initiates a number of healing responses that can result in apoptosis, cancer cell death – while healing and strengthening the body," Easterling explained. "Another important part of the larger picture is the starting material and how the plants are cultivated."

Easterling grows the cannabis in their garden bio-harmonically, using a microbial blend of bacteria with a gemstone elixir and Amazon herbs that go directly into the soil with product, Bio harmonic Tonic, under his company, Happy Tree Microbes.

From Pharma to Farmacopia

Currently Olivia uses just one prescription medication to block estrogen. Last year she was down to just 12 milligrams of morphine a day, from 60 milligrams months

IMAGE BY KATHRYN BURKE

prior. Using a formulation from her husband John's garden of a multi-cultivar blend, she's successfully weaned herself off of all prescription pain killers, including OxyContin.

A cancer diagnosis often comes with a dependency on pain killers, such as OxyContin or oxycodone, another term used for the drugs classified as opioids.

Cannabis as an analgesic for pain is a given, but finding your dose with the highly psychoactive oil is another thing altogether, and why Newton-John took time to titrate off the opioids, while upping her cannabis oil intake, as she became more used to the activated THC, which can test upwards of 80 to 90 percent.

Using suppositories bypasses the digestive system and liver, causing no head-high, allowing the patient to take a higher amount of oil at one time. This can also aid in replacing opioids, if the patient is sensitive to THC.

Plant Assisted Therapy

In the U.S., Greener Pastures Recovery has developed PAT, or Plant Assisted Therapy for addiction recovery, successfully replacing drug and alcohol addiction, with plant-based remedies with cannabis and other beneficial plants at the core of its therapies (Weed World issue #139).

Developed by founder, Ron Figarrato, the PAT program boasts an unheard of 96 percent success rate of recovery from a range of addictions, including opioids.

"In the PAT program clients learn about plant-based formulas, including Kratom, passionflower, chamomile, milk thistle, kava, moringa, valerian, St. John's Wort, ginseng, turmeric, and cannabis," Figarrato shared. "Cannabis options include THC or CBD only, vaporizing with pens,



tinctures, flowers to smoke, infused oils, edibles and body creams."

While all of the synergistic therapies at Greener Pastures cover cognitive, experiential, mind-body-energy, diet, and mindfulness, the careful use of cannabis, Figarrato said, enhances all of the other therapies.

With the U.S. national average of relapse, post-recovery programs, hovering

at 60 percent, Greener Pastures' numbers are promising. Yet, in 2019, the U.S. Federal Drug Administration (FDA) issued a warning that cannabis would not be an acceptable alternative treatment for opioid replacement in recovery programs, halting Figarrato's plans of going forward with approved FDA trials for the PAT program.

According to the U.S.'s Center for Disease Control, in 2019, an average of 130 people died per day from opioid overdoses, with an estimated 49,000 deaths in 2018. Providing education on using cannabis oil in place of opioids would be a first step in dealing with the opioid epidemic, globally.

Today, the couple have embraced the cannabis community and advocacy of the plant, speaking out at medical conferences together.

Easterling travels the world with Newton-John, sharing her story and his formulations, educating about beneficial plants. He still oversees his company, Happy Tree Microbes, promoting its Bio-Harmonic Tonic to the cannabis community and beyond.

"Olivia's markers are going down, the tumors are shrinking and disappearing, and her energy and mobility keeps improving" he surmised. "We are just going to keep doing what we've been doing, while spreading the word to help others."

For more information on Olivia Newton-John visit, www.olivianewton-john.com

For more information on Happy Tree Microbes visit, www.happytreemicrobes.com

For more information on Gaia Retreat & Spa visit, www.gaiaretreat.com.au

For more information on Greener Pastures and Plant Assisted Therapy (PAT) for addiction recovery visit, www.greenerpasturesrecovery.com/pat

For more information on Greener Pastures and Plant Assisted Therapy visit, www.greenerpasturesrecovery.com/pat

REMO CHEMO

// GROW REPORT

by Stoney Tark

Photos by Green Born Identity: G.B.I

INDOOR SET UP:

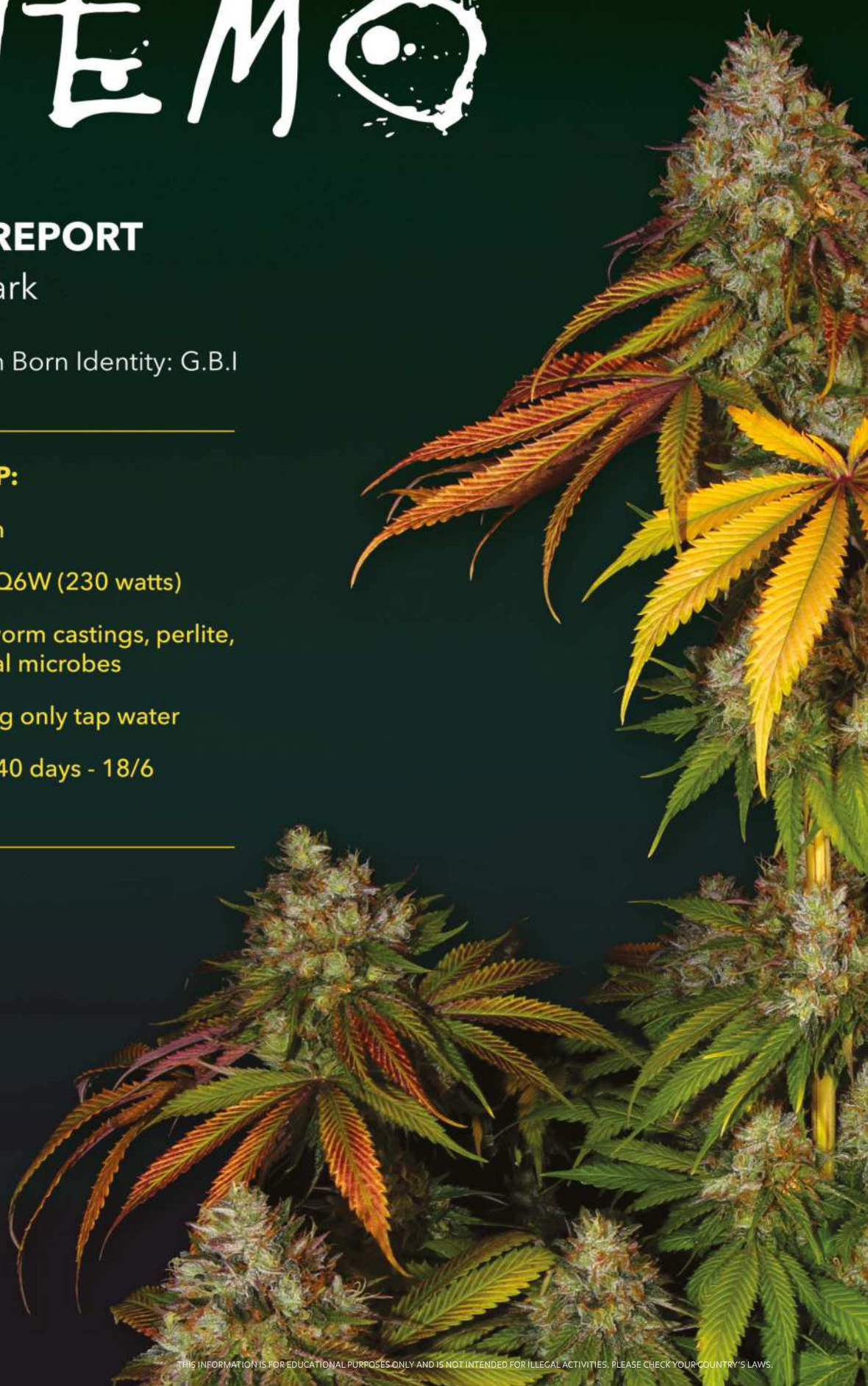
Tent: 1.2m x 1.2m

Lights: SANlight Q6W (230 watts)

Medium: Coco, worm castings, perlite,
BIOtabs beneficial microbes

Nutrients: Feeding only tap water

Growing Period: 40 days - 18/6
Light Cycle





As a Kush lover myself, I could not wait to get my hands on this Kush variety in feminized form from Dinafem. The world renowned grower Urban Remo (from Remo Nutrients) has made his own custom strain.

As a Kush lover myself, I could not wait to get my hands on this Kush variety in feminized form from Dinafem. The world renowned grower Urban Remo (from Remo Nutrients) has made his own custom strain.

Hailing all the way from California and bringing the finest blend of genetics, this has a sky-high potency of up to 24%, meaning she is a strong one and a must-have for lovers of knockout Kush. After germinating one seed in a cup of tap water overnight, it took 36 hours for the shell to break open and a long thin tap root pop out.

My pot size is an 11L fabric pot, and growing medium is a rich organic blend of coco, worm castings, and perlite to add air pockets and improve aeration in the root zone. The plants will now grow under a light cycle of 18 hours per day with 6 hours of darkness.

My humidity is close to 75% and the temperatures of the tent when lights are on is 25 degrees Celsius and when the lights are off 21 degrees Celsius. The Remo Chemo seedling has emerged from the growing medium and has a thick leaf appearance. I can tell already that this will be characteristic of an indica wide leaf variety. I feed only water and the seedling is in full health.

The plant is now 2 inches or so high and growing new leaves. The top leaves are small and fat and I shall pinch the crown shoot after day 14. I always pinch out. I expect the stature of this hybrid to be smaller and shorter than most plants. I notice when looking down the sides of the felt pots, the roots are growing very quickly and expanding across the tops and sides of the growing medium.

To create a wide, multi-topped canopy, I tie down the side branches and allow the centre growing tips to push towards the light.

Once these have grown up over the next week or so, the canopy will begin to take the form that I desire. I am very impressed by the amount of growth off this strain and how quickly it has taken shape. The height of the Remo Chemo after day 25 is 10 centimeters tall with lots of growing tips.

I would strongly recommend Remo Chemo for growers who use SCROG and also grow Sea of Green. After day 30, I tie the plants down again, this time extending the ends of every shoot to the furthest point of the felt pots. The plants will be left to grow over the next 10 days and then before flower I will prune the lowest parts of the canopy.

The canopy now is very bushy, with hard, wooden, thin stems. The leaf is similar to indica and other Kush strains and from the looks of things now, I expect Remo Chemo to be a very large producer.

Her height is around 9 inches and with so many lower shoots, it has a seriously top-heavy canopy. On day 35, I decide to prune the lowest parts of this very bushy lady.

By removing the lowest leaves and shoots, the energy will

be diverted to the tops of the plants. She has a wonderful color to her as well and can be described as a shiny, metallic glow.

Once all of the final adjustments have been made, this lady has really impressed me in terms of vigor and structure. Day 40 is here and along with the other varieties that are growing in my tent, the Remo Chemo is really standing out from the crowd. She is close to 14 inches tall and has an extreme amount of top shoots after the simple L.S.T and prune. She will now be left to flower and over the next 8-9 weeks, will produce some incredible flower.

Characteristics During Growing Stage - 40 Days

- Bushy Appearance
- Ideal for plant training
- Ideal for SCROG
- Musky aroma
- Short internodal spacing
- Very thin hardwood stems

The Flowering Stage - 12/12 Light Cycle

The Remo Chemo is by far the bushiest plant out of all the ones growing in my tent, and the one I expect to be the largest producer. After the first week of 12/12, she has grown outwards and upwards creating a strong upper canopy.

She grows with very thin, twig-like stems and has a metallic shimmer to her foliage. I only feed water and after the second week of flowering, the Remo Chemo has expanded in size by almost double and is now 23 inches.

I reposition her in the tent so she can receive as much light as possible now she has stretched and is preparing for a heavy bloom. The aroma of the plant is a firm musky, spicy, earthy overtone and now the pre-flowers are beginning to emerge, the aroma should enhance more over the next few weeks. In comparison to the Gorilla strain from Dinafem I have growing beside the Remo Chemo, the amount of pre flowers after day 16 is still quite minimal so it will be interesting to see the development of the flowering sites over the next few weeks.

Day 28 and the plant is really starting to take shape, and I can see how this lady loves to be trained. I actually decide to prune around 30% of the lowest growth, to improve the air flow around the inside lower branches.

The appearance looks to be small buds that are growing at every internode creating one long bud formation. Over half way in to the flowering cycle at week 5, and my temperature is spot on at 23.5 degrees Celsius and my humidity is measuring at 42%. There are no signs of any pathogens or plant disease and I make sure my grow room is as clean as possible. The leaf formation on the Remo Chemo is a classic indica characteristic ranging in size from 8cm - 12cm.

The buds are beginning to swell up and glisten frosty white when shining a light on. The aroma when lightly pressing a bud is really peppery, musky, with a gassy, citrus

background. You can tell it will be a potent variety from the aroma alone. There are so many small flowering sites filling out every internode, with heavily resinous leaves protruding out.

After 40 days, I measure the plant. Now she is only focusing on swelling up and adding biomass, and she measures 62.5cm (24.6 inches). Remo Chemo has a thin structure, however she is very bushy and laterally wide and measures 89cm (35 inches). I expect she will take up to 9 weeks before being ready for harvest. Her resin profile stands out very much, and she is certainly a looker. The buds are not the biggest, but they do stack up nicely and the flower-to-leaf ratio is very low, meaning that despite having all of these branches to trim, it will not take too long. I feed her plenty of water and countdown to day 60, where I will take a closer look at the trichomes under a microscope. Upon inspection, I see around 70% are a dark silver and the remaining 30% are a gold, amber color.

In 3 days I will check again to see how many of the darker silver heads, have matured to the preferred golden hue. After 65 days, the Remo Chemo is ready to chop. Her aroma is a strong one and can be described as Kushy and musky with a mix of fuel and lemon.

The buds have all gained as much weight as possible, and the sugar leaf around the buds is coated with resin also. Now she will go in my dry room where the plant will be left to dry for 14 days in a dark room, with a temperature of 15 degrees Celsius and humidity of 50%.

Characteristics Of The Flowering Stage - 65 days

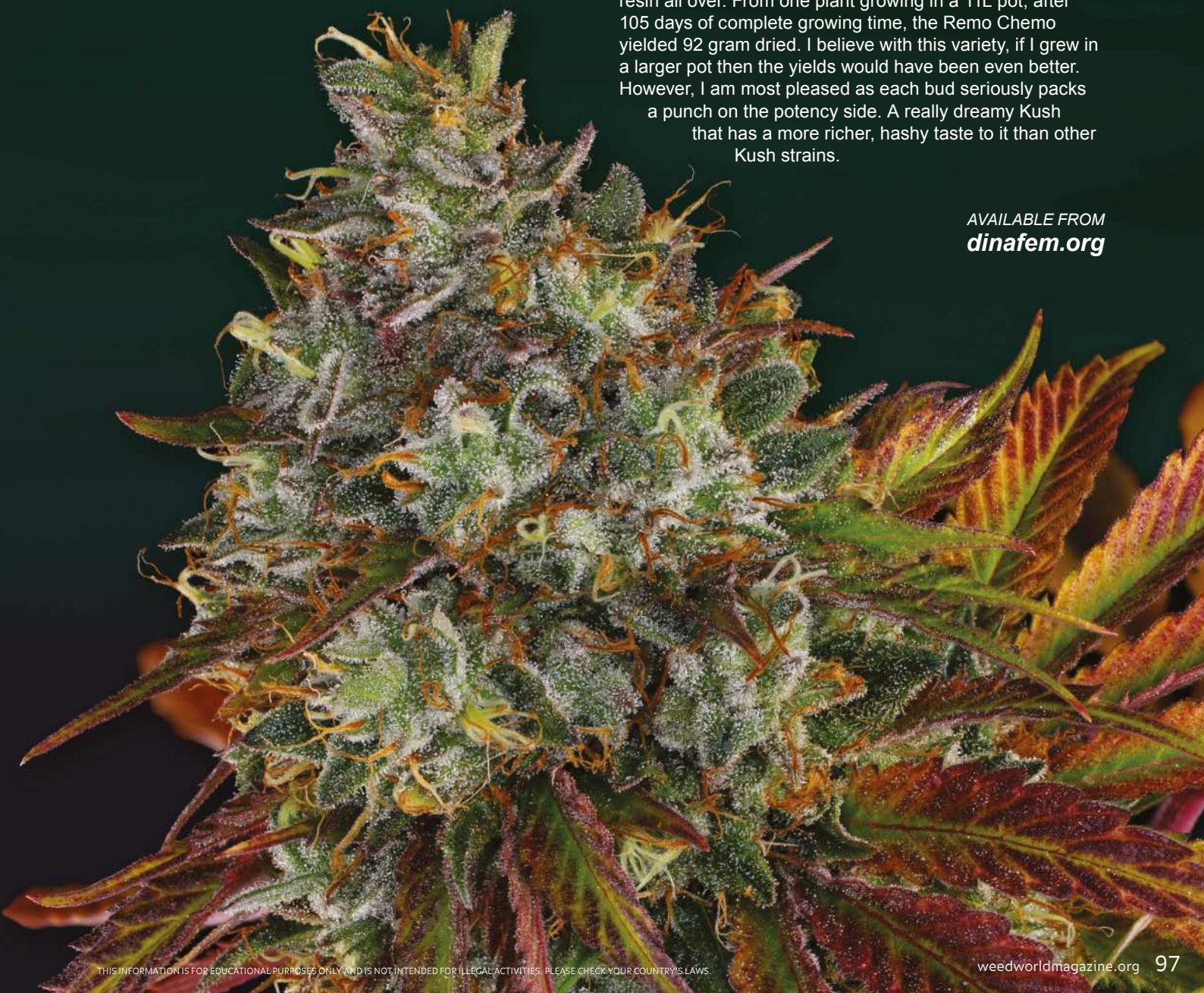
- A strong aroma when brushing past this lady
- Very thin stems with a narrow appearance
- Reacted extremely well to L.S.T and pruning
- Did not experience any mold or mildew issues
- Remo Chemo can use food very fast

The Conclusion

Remo Chemo is an easy-to-grow strain that expresses some classic old-school genetics. The aroma of the dried flower is much more enhanced and has a dank, earthy body. A very tasty variety for those who love gas and anything musky and fuel based.

The buds are small and dense, but are totally covered with resin all over. From one plant growing in a 11L pot, after 105 days of complete growing time, the Remo Chemo yielded 92 gram dried. I believe with this variety, if I grew in a larger pot then the yields would have been even better. However, I am most pleased as each bud seriously packs a punch on the potency side. A really dreamy Kush that has a more richer, hashy taste to it than other Kush strains.

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THE **az** to

OF HEALTH COMPLAINTS

Headaches

Headaches can be more complicated than most people realize. Different kinds can have their own set of symptoms, happen for unique reasons, and need different treatments.

Once you know the type of headache you have, you and your doctor can find the treatment that's most likely to help and even try to prevent them.

Common Types of Headaches

There are over 150 types of headaches, but the most common types include:

Tension Headaches

Tension headaches are the most common type of

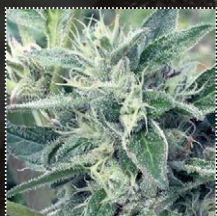
headache among adults and teens. They cause mild to moderate pain and come and go over time. They usually have no other symptoms.

Migraine

Migraine headaches are often described as pounding, throbbing pain. They can last from 4 hours to 3 days and usually happen one to four times a month. Along with the pain, people have other symptoms, such as sensitivity to light, noise, or smells; nausea or vomiting; loss of appetite; and upset stomach or belly pain.

Source: webmd.com

TAKE A LOOK AT THE STRAINS FEATURED ON THE OPPOSITE PAGE. THEY MAY HELP WITH SOME OF THESE SYMPTOMS.



Lost Coast x SCBDx

SUPERCBDx

Seeds available from www.weedworld.co.uk

This signature OG is a great example of what California has become famous for. We crossed heirloom genetics (Pakistani Kush and Lemon Thai) from seeds brought to California 40 years with the legendary Chemdawg #4 to provide a distinct taste and high. One puff and you will see why so many people around the world are so obsessed with anything OG. This girl features wide internodal spacing, filled with clusters of rock-hard, golf ball-sized buds below the large terminal colas.

Feminized

40% Indica / 60% Sativa

**Indoors, outdoors,
greenhouse.**

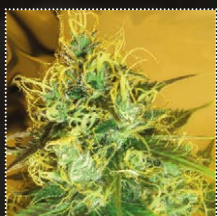
Flowering: 60-65 days

Medicinal Level - 100%

Taste: Lemon/Pine

Smell: Lemon/Pine

• INSANE CBD LEVELS • LEMONY SCENT •



Blue Mountain Durban

MEDICANN

Seeds available from www.weedworld.co.uk

We have taken Durban Poison one of South Africa's best strains and crossed it with Lavender and then the super special Afghani '76 and the result is a Sativa dominant plant that produces very large buds and leaves take on a blue/purple color towards the end of the flowering cycle.

The plants calyx to leaf ratio makes it an easy plant to trim. This strain produces a strong citrus aroma that leaves your mouth watering.

Feminized / Regular

Indica 25% / Sativa 75%

THC: 20%

CBD: 3-5%

Indoor Harvest: 60 - 70 days

**Yield: 450-550gr/m² indoor /
600 gr/m² G/h & outdoor**

**Medical Uses: Anxiety,
migraines, PMS, depression,
stress, insomnia and more.**

• DURBAN POISON X AFGHANI '76 X LAVENDER •



Desconocida Kush

DELICIOUS SEEDS

Seeds available from www.weedworld.co.uk

Desconocida Kush ("Unknown Kush"), has a high level of THC and has been developed for medicinal use. To achieve this, Delicious Seeds used one of the most sought after strains in American medicinal dispensaries, owing to its therapeutic properties, which are very useful in treating conditions such as: Sleep disorders, eating disorders and analgesia. The result is an indica/sativa hybrid which gives off an aroma of Haze and Kush at the same time and produces a clean, yet deeply complex taste.

Feminized | THC: +21%

Bay 11 x Unknown Kush

Indoors / Outdoors

**Harvest: 60 days indoors /
mid-October outdoors**

**Yield: 450-500gr indoors / up
to 800gr per plant outdoors**

**Taste & Aroma: Kush incense
with metallic overtones, and
lemony haze**

• FAT, DENSE BUDS • TONNES OF TRICHOMES •

All strains featured here are available from: www.weedworld.co.uk / orders@weedworld.co.uk / 01974 821 696

The COLOUR of Cannabis

Why Do We Have Purple Strains?

Green is the main colour in cannabis plants. But why do we find some cannabis varieties with purple or other shades? Three factors influence this change in shade, giving rise to plants with deep purple flowers, for example. These factors are genetics, temperature and plant nutrients.

Cannabis Genetics: Purple Varieties

The colour of cannabis is largely subject to the genetics of the plant. That is, there are varieties that are genetically predisposed to high levels of anthocyanins.

Anthocyanins (from the Greek anthos: flower + kyáneos: blue) are water-soluble pigment molecules found in the vacuoles of plant cells that give red, purple or blue colour to leaves, flowers and fruits.

We could say that the colour of the different varieties of cannabis is produced by anthocyanins and the mixture of other pigments, such as flavonoids. The latter would be yellow and their function would be to attract pollinating insects.

Anthocyanins are present in all plants. But why does cannabis produce anthocyanins and flavonoids? The answer is for protection. That is, these pigments act as a sunscreen to protect cells from ultraviolet light and to deter predators attracted to green plants.

The temperature and pH of cannabis

Another factor influencing the colour of cannabis is the temperature and the ripening of the plant (flowering). As is

known, chlorophyll is the dominant green pigment in plants and often makes it difficult for anthocyanins to appear and thus prevent the explosion of colour.

So how does it go from green to purple?

With the drop in temperature and the cold days (below 10°C) the cannabis plant starts to convert chlorophyll into sugars. The sugars are absorbed by the plant as energy to produce flowers, cannabinoids and seeds. This process allows anthocyanin to break through and show the explosion of colour. Some growers intentionally let plants chill for the last two weeks before harvest. With this technique they sacrifice a little bit of the fattening of the inflorescences, but on the contrary they get an increase of resin due to the stress and at the same time they favour the change of colours.

The pigments become more pronounced as the cannabis plants mature. That is, the plant produces less chlorophyll from the dominant pigment and we begin to see those anthocyanins emerge in a show of purples, reds and blues.

Awesome!

The colour that anthocyanins cause in plants is closely related to pH levels. When the levels are above 7 (alkaline or basic) the plant shows bluish tones; if it is between 5 and 7 (neutral conditions) the plants offer purple colours; if the acidity level goes below 5 the plants will look reddish.

On the contrary, plants with a low level of anthocyanin can produce a different range of colours in the last weeks of flowering, due to another family of molecules called carotenoids. These are responsible for the golden and yellow tones in the flowers.

How nutrients influence the colour of cannabis

Nutrient deficiencies can also influence our plant to turn purple. Thus, a deficiency of nitrogen or phosphorus causes an increase in anthocyanins and the stems of the leaves to turn purple. A sulphur deficiency can cause the stems to contain purple spots.

If during the growth phase the colour of the cannabis becomes more colourful, this is not due to anthocyanins. We are probably dealing with a lack or excess of nutrients.

Purple Kush. Now in a Non-Autoflowering version

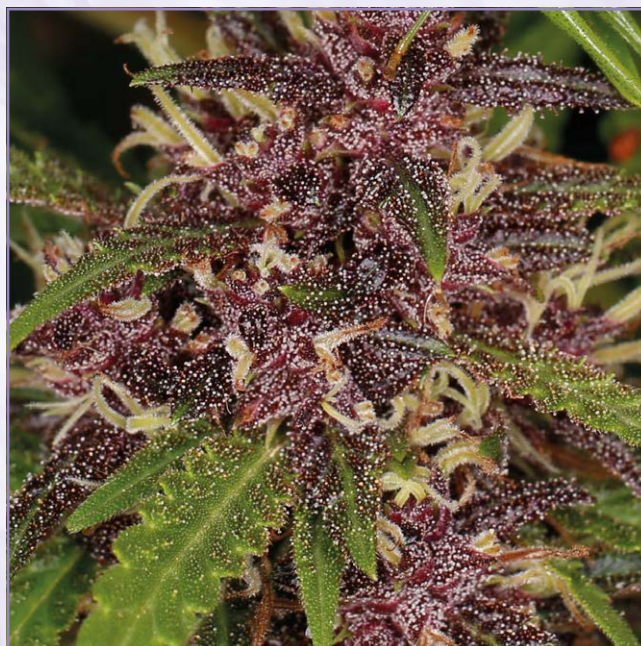
If you are a fan of purple genetics, Purple Kush from Buddha Seeds is the strain you were looking for. Now available in a Non-Autoflowering version.



Explosive growth, Purple Kush Non Autoflowering culminates with a burst of colour in the flowering phase in just 60 days. From the first week you can see the intense purple colour of the leaves. It can culminate, depending on environmental conditions, with a genuine colour range of bright colours for its abundant resin. Ideal for making your own extracts (dry/ice).

Other varieties that can surprise you with beautiful colours in flowering are Deimos, which can become reddish or Magnum whose leaves can take on a blackish colour.

More info: www.buddhaseedbank.com



1/2 PRICE

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WWW.WEEDWORLD.CO.UK

Mandarina by Skunk® features the fragrance of the Mandarina cannabis plant – one of nature's most elusive, exclusive scents. The scent starts off fresh and clean with citrus notes and the green cannabis earthy smell that then starts to evolve through the plants flower stages.

Buds are harvested from the mountains of Andalucía, in Spain at every stage of their development, to create a hypnotic, multi-faceted aroma. Available in 100ml Eau De Parfum.

PROMO CODE: SKUNK

OFFER ENDS: 30 APRIL 2020

Subject to availability. Not to be used in conjunction with any other offer.

Prevalence and Patterns of Marijuana Use in Young Adults With Inflammatory Bowel Disease

Inflammatory bowel disease (IBD) including ulcerative colitis and Crohn disease affect approximately 1.4 million people in the United States (1). Due to the chronic relapsing nature of disease and requirement of long-term medical therapy with its associated adverse effects, many patients seek complementary, and alternative medicines (2) including marijuana. In recent years, marijuana as a medical treatment has been receiving considerable publicity in the media.

Current adult data (mean age 33 years) suggest that marijuana can be helpful for relief of IBD symptoms such as abdominal pain, nausea, and diarrhea (1,6,7). Small studies in adults also suggest that marijuana may also improve disease activity (8–10). To the best of our knowledge, there are no data on use of marijuana in young adults (18–21 years of age) with IBD. Our observations in clinical practice suggest that use of marijuana is increasing in young adults with IBD. We aimed to assess the prevalence and predictors of marijuana use in this population. We were particularly interested in medicinal use of marijuana for relief of IBD symptoms. We also assessed adverse effects and patients' view on legalization of marijuana use.

WHAT IS KNOWN?

- Recently, the role of marijuana for treatment of various medical disorders has been receiving publicity and acceptance.
- Adult data suggest that marijuana can be helpful for relief of symptoms of inflammatory bowel disease such as abdominal pain, nausea, and diarrhea.

WHAT IS NEW?

- This is the first study showing high prevalence of marijuana use in young adults with inflammatory bowel disease.
- Majority of users report improvement or relief of symptoms but do not inform physicians.
- Only half of them are aware of possible adverse effects.

OBJECTIVES:

Recent studies in adults report symptom relief with marijuana use in patients with inflammatory bowel disease (IBD). We assessed the prevalence, pattern, effects, and adverse effects of marijuana use in young adults with IBD.

METHODS:

We conducted a prospective questionnaire survey study at a paediatric IBD clinic. All patients (18–21 years of age) answered anonymous questionnaires about demographics, IBD, medications, and marijuana use.

RESULTS:

Fifty-three patients (mean age 18.7 years, 32 boys) were enrolled. Thirty-seven patients (70%) reported using marijuana currently or in the past. There was no statistically significant difference between the users and nonusers of marijuana regarding demographics, disease activity, or medications. Despite prolonged use of marijuana, 70% of patients did not discuss it with their gastroenterologists. Twenty-four patients used marijuana medicinally for IBD symptoms in addition to medical therapy. Although majority found marijuana to be moderately/very helpful, complete relief of symptoms such as abdominal pain, poor appetite, nausea, and diarrhea was seen in 29%, 37%, 14%, and 10% of patients, respectively. Only half of patients reported knowledge of possible adverse effects of marijuana and 19% of patients reported mild neuropsychiatric adverse effects. Overall, 98% of patients supported legalization of marijuana and 85% were interested in using medical marijuana if it became legally available.

CONCLUSIONS:

We were interested in understanding patients' views on marijuana in general. Even though 30% of patients never used marijuana, almost all (98%) supported legalization and 85% believed that they would use medical marijuana when it became legally available. More than three quarters of the patients were ready to participate in a clinical trial of medical marijuana for IBD symptoms. These findings suggest the feasibility for recruitment into a placebo-controlled study to assess the role of marijuana for symptom relief and to understand its role in objective improvement in IBD.

In summary, we found a high rate of marijuana use in our cohort of young adults with IBD. Majority of patients report symptom improvement with marijuana use, but do not inform their physicians. Physicians who care for young adults with IBD need to be aware of this prevalent adjunct use of marijuana. Such awareness could prevent clinicians from getting a false impression of efficacy of medical therapy, especially in relief of abdominal pain, nausea and poor appetite. Also, as one-half of patients in our study were not aware of any potential adverse effects of marijuana clinicians should counsel them about possible adverse effects. Finally, placebo-controlled trials need to be conducted to truly understand whether symptom relief with marijuana is merely a perception or whether marijuana can in fact ameliorate inflammation in IBD.

Future well-controlled studies are necessary to assess role of marijuana in IBD therapy.

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See full article for source references: https://journals.lww.com/jpgn/Fulltext/2017/02000/Prevalence_and_Patterns_of_Marijuana_Use_in_Young.19.aspx



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WEED WORLD STAY SAFE!

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

BASIC GUIDANCE

Wash your hands with soap and water often & use hand sanitizer gel if soap and water are not available.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.

Put used tissues in the bin immediately and wash your hands afterwards.

Avoid close contact with people who have symptoms of coronavirus.

Avoid social events and activities, such as going to pubs, restaurants, theaters and cinemas.

Use phone, online services, or apps to contact your doctor.

DO NOT touch your eyes, nose or mouth if your hands are not clean.



ORGANIC CBD TINCTURE

**PRICE
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1000+mg of organic CBD in a 10ml bottle of cold pressed organic hemp seed oil.

How is WPE different from other CBD oils?

You are not getting the full support of the plant by isolating one cannabinoid. WPE's products have a combination of organic whole plant extract CBD/CBDA full spectrum crude oil PLUS cold pressed organic hemp seed oil.

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Stay at home if you have coronavirus symptoms:

A HIGH TEMPERATURE/FEVER
- you feel hot to touch on your chest

A NEW, CONTINUOUS COUGH
- this means you've started coughing repeatedly

DO NOT go to a doctors surgery, pharmacy or hospital.

Source: nhs.uk

CANNABIS, A PRIMER: “LEGALIZATION” ...WHAT DOES IT MEAN?

Meet the expert, Fred DeLisio

45 YEARS
EXPERIENCE



Ever since I smoked my first joint, first, unrolling it, looking at what was inside, seeing a few seeds, and KNOWING that they weren't meant for smoking and removed them, then clumsily re-rolled my first joint, and smoked it, and couldn't ride my bike home for laughing so much, I thought, "why would feeling this way be "illegal"...?"

But our concept of "legal" and being able to utilize plants for our health and well-being with complete autonomy are seriously at odds, at this point in history.

But our concept of "legal" and being able to utilize plants for our health and well-being with complete autonomy are seriously at odds, at this point in history.

Why does any human need permission from ANY other human to utilize the gifts that God has given us, and that the earth provides us...?

If you can provide for yourself and your family, independent of any outside influence (a bit more difficult these days, and takes work, determination and diligence), then you should be able to grow and consume everything this wonderful planet has to offer, period.

This should have occurred to me 45+ years ago, frankly.

As the old saying goes, "It's always better to ask forgiveness than permission".

That's a fact that has eluded me, because I've been brainwashed from birth to believe that you should always live by the letter of the law, and respect authority.

So, my entire life of civil disobedience and protesting, gathering signatures to get measures placed on ballots, to exercise the will of the people, when, in reality, this has nothing to do with "the will of the people".

The powers that be have decided what flora and fauna they want us to be able to have access to, but only in the "civilized world".

So, this means we can leave the comfort of our "civilization", travel to many other countries, South America, Jamaica, and other places, and utilize these plants without any repercussions.

How STUPID is that, I ask you...?!

The medical profession gave rise to pharmaceutical companies, and empires were built on "caring" for people, when people, for the most part, throughout history have done a good job of caring for themselves, given the proper resources.

The key is resources.

When we lived at one with nature, and foraged and hunted

for food, herbs, spices and herbal remedies.

We had “medicine men”, that used the resources of the forest and jungle to heal, with no one making a profit from it, other than maybe a chicken or some eggs in trade.

Flash-forward to today, and we are fighting for the right to BUY cannabis, mushrooms and other herbal remedies, much less the right to grow and prepare our own medicines.

Next year, it will be 25 years since cannabis was made medically legal in California.

25 years, and it STILL ISN'T LEGAL for folks to grow this plant in the amounts necessary to treat some illnesses, without ridiculous licensing and such...NO MORE.

This is why we are changing the strategy.

Forget “legalization”, and all that implies.

The intention, ALWAYS, was to remove all penalties, stigmas and restrictions from utilizing the Earth's bounty, for nourishment, to heal, and to treat mental issues.

There is a NEW WORD in town, and it's “DECRIMINALIZATION”.

It's time to change the strategy, and “UN-CRIMINALIZE” plants, molds, spores and fungi (as Egon would say),

There are two new ballot measures proposed for California, and it is IMPERATIVE for these to get enough signatures for the ballot, and to pass in November.

There are two Cannabis-related measures vying for the ballot, but the one that has garnered the most attention, and provides the most benefit, is called the “Cannabis / Hemp Heritage Act”, and it is an attempt the “right the wrongs” that proposition 64 enabled, by flinging wide the doors to “corporate cannabis”, and slamming the doors on craft and cottage growers and artisans.

A synopsis of the intentions of this bill is as follows, and I quote from the website (chha2020.com):

- *Decriminalizes cannabis hemp. Creates and funds new cannabis hemp based industries and jobs.*
- *Permits the use of marijuana by adults 21 and older and licenses, regulates, enforces, and taxes recreational marijuana sales just like beer and wine.*
- *Requires that 50% of excise taxes collected from sales of recreational cannabis be made available to be used for the development, promotion, and assistance in the creation of industrial, nutritional, and medicinal cannabis hemp industries.*
- *Prohibits any and all taxation of medicinal cannabis, and expands the accessibility of medicinal cannabis used in accordance with Proposition 215.*
- *Requires all state laws and local ordinances that conflict with CHHA2020 be repealed or amended to conform.*
- *Prohibits cities and counties from imposing discriminatory, excessive, or prohibitive zoning*

requirements and fees on cannabis outlets.

- *Allows farmers to grow industrial hemp and hemp seed, and allows industries and entrepreneurs to use the crop for the many uses and applications that hemp provides, both historically and modern.*
- *Restricts the use in California of genetically modified Cannabis seeds.*
- *Eliminates the unfair practice of drug testing for Cannabis metabolites, which can be retained in the human body for months. Impairment testing for non-metabolized cannabis, a more effective and accurate measurement for impairment or recent usage, would replace the metabolite test.*
- *Mandates that the state establish performance based standards, similar to those established for alcohol, to determine levels of impairment for safe operation of motor vehicles and other equipment.*
- *Allows for the release and discharge of people currently being punished for non-violent marijuana offenses, saving taxpayers millions of dollars annually and freeing up jail space, judicial and crime-fighting resources.*
- *Removes Cannabis from the California Uniform Controlled Substances Act, which currently allows the Federal Government to Regulate Cannabis as a Schedule I drug.*
- *Prohibits California Law enforcement from assisting Federal Drug agents attempting to enforce federal laws that are no longer illegal by reason of this legislation.*
- *Allows for personal use and possession of Cannabis grown for personal consumption.*
- *Caps the excise tax for commercial sales at 10% of retail price. Caps the license fees for commercial production, distribution, and sales at \$1000.*
- *Allows a physician to approve or recommend medicinal cannabis without fear of repercussion to all patients, regardless of age.*
- *Cannabis users' right to bear arms shall not be restricted.*

Now, doesn't all of this make complete sense...?

A sensible framework for decriminalizing cannabis/hemp and all products derived from cannabis/hemp, and allowing these medicines to be used sensibly by the public on their own volition, with no MIDDLEMEN stealing our money, and our rights to these plants.

I am of the opinion that this framework provides a good start on correcting some of the injustices perpetrated by proposition 64. However, I firmly believe that we need to move towards removing all penalties for growing, possessing and utilizing any plant on this Earth for the benefit of the masses, instead of having to BEG our respective governments for the things of the earth, and nature.

It's far past time to DECRIMINALIZE NATURE.

The other measure that the fair citizens of California are working hard to place on the ballot for November is DecrimCA, the effort to decriminalize the growth, possession and use of psilocybin mushrooms to address a myriad of health issues.

My mother died with dementia, and psilocybin would have helped her immensely, if it weren't illegal.

Quoting from the website (decrimca.org), this is the summary of this proposition:

11395.120 Psilocybin Mushrooms

The personal, spiritual, religious, dietary, therapeutic, and medical use of Psilocybin Mushrooms by adults, including but not limited to the cultivation, manufacture, processing, production of edible products and extracts (with or without solvents) derived from Psilocybin Mushrooms, distribution, transportation, possession, storage, consumption, social consumption, on-site consumption, public events, farmers' markets, and retail sale, whether or not for profit, shall be lawful in this state and is a matter of statewide concern.

11395.130 Personal Protections

It shall be lawful and not a violation of California law for an adult:

- 1. To use Psilocybin Mushrooms in one's home or on any privately owned property in a manner that does not endanger others or violate this division;*
- 2. To be under the influence of Psilocybin Mushrooms, except as provided in this Act and as provided in subdivision (f) of section 647 of the Penal Code; and*
- 3. To cultivate Psilocybin Mushrooms indoors, or outdoors on private property to which access is restricted by fencing where such cultivation is not visible from outside such property, and with the consent of the owner of such property. Cultivation must comply with any local or State nuisance regulations, provided the nuisance regulation is not based solely on the presence and/or cultivation of Psilocybin Mushrooms, nor crafted to primarily target Psilocybin Mushroom cultivation and/or possession. No local regulation may be so excessive or burdensome as to make it functionally impractical for adults to cultivate Psilocybin Mushrooms as otherwise authorized in this section.*

11395.140 Reasonable Regulation

- 1. Implementation of this Act shall be the responsibility of the California Department of Food and Agriculture.*
- 2. No license, fee, fine, or tax, on a Psilocybin Mushroom business shall exceed the amount charged or assessed for comparable non-Psilocybin Mushroom related businesses.*
- 3. Psilocybin Mushroom Businesses shall be regulated as closely as practicable to the cultivation, production, distribution, and sales of non-psychoactive agriculturally produced mushrooms with the exceptions of sales to minors and testing for potency of active ingredients, provided that no regulation may be so excessive or burdensome as to make it impractical for Psilocybin Mushroom Businesses to operate and earn a profit unless otherwise authorized herein.*

- 4. The State of California and its agencies and employees shall not disclose and shall protect the identities of all persons, individuals, and corporate entities engaged in Psilocybin Mushroom commerce or use, unless there is a court order or search warrant expressly authorizing the release of such information on a case by case basis.*
- 5. Any Psilocybin Mushroom products or extracts packaged for retail sale must provide a list of active substances.*

11395.150 Therapeutic and Medical Research and Treatment

- 1. The State of California and its agencies shall allow pre-clinical and clinical research into the therapeutic applications of Psilocybin and Psilocybin Mushrooms.*
- 2. Licensed healthcare practitioners may use Psilocybin Mushrooms for research and treatment purposes.*
- 3. Psilocybin Mushroom-assisted psychotherapy may be delivered by qualified and licensed practitioners. Therapy may be provided by mental health professionals who have obtained specialized training in psychedelic-assisted therapy and a license to administer Psilocybin for specific indications.*
- 4. The California Department of Public Health shall work with research and education organizations who have experience with psychedelic harm reduction to develop non-binding protocols for healthcare workers engaged in Psilocybin Mushroom therapy and management of Psilocybin Mushroom intoxication.*

Frankly, I don't think this goes far enough, as all entheogenic flora and fauna should be available to anyone in need of the benefits that these substances have to offer.

I think it's time to re-evaluate the monumental power that governments wield over their "subjects".

Will we have to migrate away from the framework of traditional governmental controls over our lives, and move to a simpler existence, to places in the world where the powers that be haven't OUTLAWED NATURE, YET...?

I don't think so.

This all began as civil disobedience, us growing and smoking pot, the laws be DAMNED.

These beneficial gifts that grow wild on our planet belong to the human race, the collective masses of humans on the planet, and no government has the right to keep them from us.

"We, the People", are done being taken advantage of, and are going to stand together, and heal ourselves, with the help of Mother Earth.



CANNABIS AFTER PSYCHEDELICS:

How Do Hallucinogens Affect Your Weed High?

Written by Paul James

"If the doors of perception were cleansed, everything would appear to man as it is; Infinite."

- William Blake

The above quote inspired Aldous Huxley to write about his experiences on the psychedelic substance mescaline. It also gave rise to one of the most famous bands to come out of the 1960s.

For me, the quote signifies the winter of 2014 when I took four doses of lysergic acid diethylamide (LSD) and experienced what many in the psychedelic community refer to as an ego death. I think Medium writer, Cassy Myers, summed it up perfectly when she wrote:

"Ego death is described as the 'complete loss of subjective self-identity,' and can be brought on by a large dose of any psychedelic drug. It's a state of being where a person is ripped from their 'reality tunnel.' Ego death is essentially an experience of embodying your True Nature completely (or returning back to who you really are), temporarily."¹

It's important to mention that the experience is truly impossible to describe if you've never taken a psychedelic yourself. It's extremely personal and dives deep into your psyche, revealing aspects of yourself you've always known, but have for too long ignored.

Such an experience is naturally bound to change an individual. And with such a change, an individual's day-to-day experiences are also likely to alter. For many of us, this includes our recreational use of marijuana.

Since cannabis is also a psychedelic, I personally found my highs to be a lot more involved after an ego death. So much so, I've had some pretty nasty panic attacks just off a few hits. For a while, such experiences can make a man feel as though he's going insane.

And, as with most people in today's society, when a man feels as though he's going insane, he scours the internet in hopes of validation. Little did I know, there were hundreds of communities of people who have looked into the effects of cannabis after a psychedelic experience.

Throughout this article, we're going to take a deeper look

into this community. From there, we're going to try and figure out if there is a correlation between psychedelic drugs and weed. Though there is no scientific research surrounding the matter, the science that is there for cannabis and psychedelics may just help us with this venture.

How Do Psychedelics Affect the Brain?

Research concerning psychedelics has been limited. Since the 1960s, substances like LSD and psilocybin mushrooms were considered dangerous with no apparent medical purposes. However, in recent years, psychedelics have made a comeback as some people are finding it alleviates with certain mental health conditions, such as anxiety and depression.

And, with that, research concerning psychedelics has also been making headlines.

It's always been a given that these substances are some of the most powerful drugs known to affect brain function. Popular for their hallucinogenic properties, psychedelic drugs can produce images, sounds, and sensations that feel very real but don't necessarily exist.

Rolling Stone reports that this has to do with psychedelics' effects on neural activity. Many of the brain's functions are less restrained during a trip, leaving users "better able to emotion." Furthermore, there are various networks in your brain that become much more connected, creating that higher state of consciousness many people report.²

Of course, various psychedelic substances affect the brain in different manners. However, it's generally granted that all psychedelics will rewire the brain in one way or another in order to produce hallucinations.

Recent research has found that some of these effects may be long-lasting, if not permanent. A recent study, reported by Live Science, reveals that psychedelics will physically alter the brain by changing the formation of brain cells.

Though this may be intimidating to some, the effects this can have on an individual are actually quite positive. David Olson, an assistant professor of chemistry, biochemistry, and molecular medicine at the University of California, Davis, claims, "Psychedelics are able to actually [change] neuronal structure, [and] that's really important because [brain] structure controls function."³

Due to this control, psychedelics hold the possibility of helping repair brain networks in the prefrontal cortex that may have been damaged from various medical conditions, including anxiety and depression.

Take the psychedelic drug DMT (N, N-dimethyltryptamine) as an example. The researchers gave rats a dose and found that though the effects didn't last long - most of the drug was completely flushed from their systems within just a few hours - the rats' brains continue to rewire, according to the psychedelic, for a minimum of 24 hours.

Again, research is very primitive and the psychedelic experience far outweighs anything a number of lab reports can write about it. Still, with the knowledge we've laid out above, it's safe to say these substances have a

profound effect on the brain. One of which continues to have influence even after the drug is out of an individual's system.

If that's the case, then it's granted that these effects can play some kind of role in cannabis consumption after a psychedelic experience.

Weed and the Brain

There is far more research out there concerning cannabis' effects on the brain and, with that, a better understanding of cannabis as a whole.

Since cannabis' affects all work through our endocannabinoid system (ECS), the substance affects the brain differently in comparison to other psychedelic drugs. To sum it up, cannabis directly affects neurotransmitters which are little chemical messengers for our whole body. By influencing these transmitters, tetrahydrocannabinol (THC - the main chemical compound in marijuana) slows down how cells send, receive and process messages.⁴

In many regards, THC's influence on the ECS is overwhelming and this is part of the reason we experience a high from smoking cannabis. Since the ECS influences a number of neurotransmitters, this gives THC the ability to have it influence on the following brain structures:

- **Amygdala** - regulates emotions and anxiety
- **Basal Ganglia** - regulates planning and starting a movement
- **Brain Stem** - regulates information between the brain and spinal column
- **Cerebellum** - regulates motor coordination and balance
- **Hippocampus** - regulates learning of new information
- **Hypothalamus** - regulates eating and sexual behavior
- **Neocortex** - regulates complex thinking, feeling, and movements
- **Nucleus Accumbens** - regulates motivation and reward
- **Spinal Cord** - regulates the transmission of information between body and brain (i.e. pain)

Unfortunately, it's not certain how other psychedelic drugs, like LSD and psilocybin mushrooms, effect each of these specific areas of the brain. However, as mentioned, these drugs have the ability to change the structure of various brain cells and repair brain networks.

With that information, it's extremely safe to say that psychedelics' long-lasting effects on the brain will have short-term effects when an individual consumes cannabis.

Cannabis and Psychedelics - A New Way to Get High

Generally speaking, most people within the psychedelic community claim that their cannabis highs are much "trippier" after a psychedelic experience.

In a personal account by Reddit User guitarguy1326, "I tried acid for the first time about a year ago. Since then, I've tripped six times and, while talking to my friend today, we got on the topic of LSD. We both agreed that weed doesn't feel the same after using psychedelics, it almost feels like I'm about to go into a trip. In fact, I don't even remember what weed used to feel like, but it certainly wasn't like this."

Many of the replies to this account agree that a cannabis high after LSD is almost like microdosing a psychedelic drug. Some even go as far as to say a bad trip led them to have panic attacks while high on weed.

There are a number of theories as to why this happens. Some believe it has to do with whether or not you smoke during a psychedelic trip. Others say it has to do with your environment and the people you surround yourself with while high.

In accordance with the science we've mentioned, I believe it has much more to do with the brain's restructuring. Not to mention a number of other factors, including your cannabis tolerance and what your psychedelic experience was like.

Personally, I haven't done psychedelics in almost five years. Since that time, cannabis has slowly gone back to what I originally remember it to be - a substance I can consume to relax at the end of the day. Sometimes I'll get a "trippy" experience from cannabis high, but this is usually based on how much I consume and my environment.

Still, I can't help but recall that within the weeks and months of a psychedelic experience, I had a similar experience to what these people are discussing. And I believe a lot of other young people experimenting with psychedelics are also going through this and are just as confused as I was.

As I mentioned in the beginning, people often report an "ego death" from a psychedelic experience. I believe the science we've laid out within this article can confirm why that ego death takes place. And if the ego is bound to collapse through the psychedelic experience, there's no denying that a cannabis high with a weaker ego is bound to differ.

Though psychedelic substances and cannabis aren't directly linked, they do seem to play off one another. And, with that said, it's possible that doing psychedelics even just one time can change the way people feel when they're high on cannabis.

1 Medium: Diary of Ego Death on LSD <https://medium.com/samadhi-today/diary-of-ego-death-on-lsd-7101b927610d>

2 Rolling Stone: What Psychedelics Really Do to Your Brain: <https://www.rollingstone.com/culture/culture-news/what-psychedelics-really-do-to-your-brain-112948/>

3 Live Science: Psychedelic Drugs May Change the Structure of Brain Cells: <https://www.livescience.com/62802-psychedelic-drugs-change-nerve-cells.html>

4 PubMed: Cannabis and the brain. <https://www.ncbi.nlm.nih.gov/pubmed/12764049>

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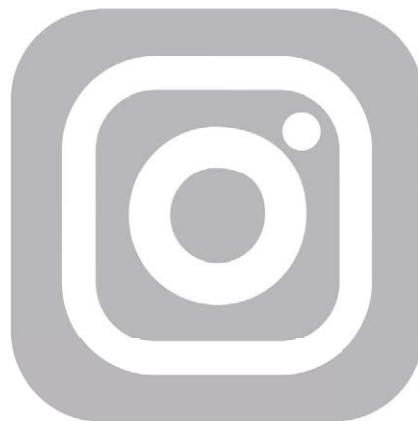
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Pinnacle Organics

An Oregon based company, Pinnacle Organics was established in 2016. Prior to launching the company into the recreational production side of cannabis, Pinnacle Organics founder, Michael Caley, had spread his roots throughout Oregon in the medicinal side of the industry.

Known at that time as "Juice Oregrown", Mr. Caley gained recognition in the Oregon Medical Marijuana Program (OMMP) as a grower by focusing on quality products with a touch of care for those in need of cannabis or cannabis products.

Pinnacle has worked on building a reputable brand for the past four years by focusing on in-house genetics in accordance with organic practices, such as custom soil blends, compost teas, and beneficial predator mites. Their strain known as Midnight Moon has started to carve out its place in the state, as it is currently available in shops across its entirety.



● ● ● INSTAGRAMMER OF THE MONTH: @pinnacleorganicsllc ● ● ●

GORILLA
GLUE #4



MIDNIGHT
MOON



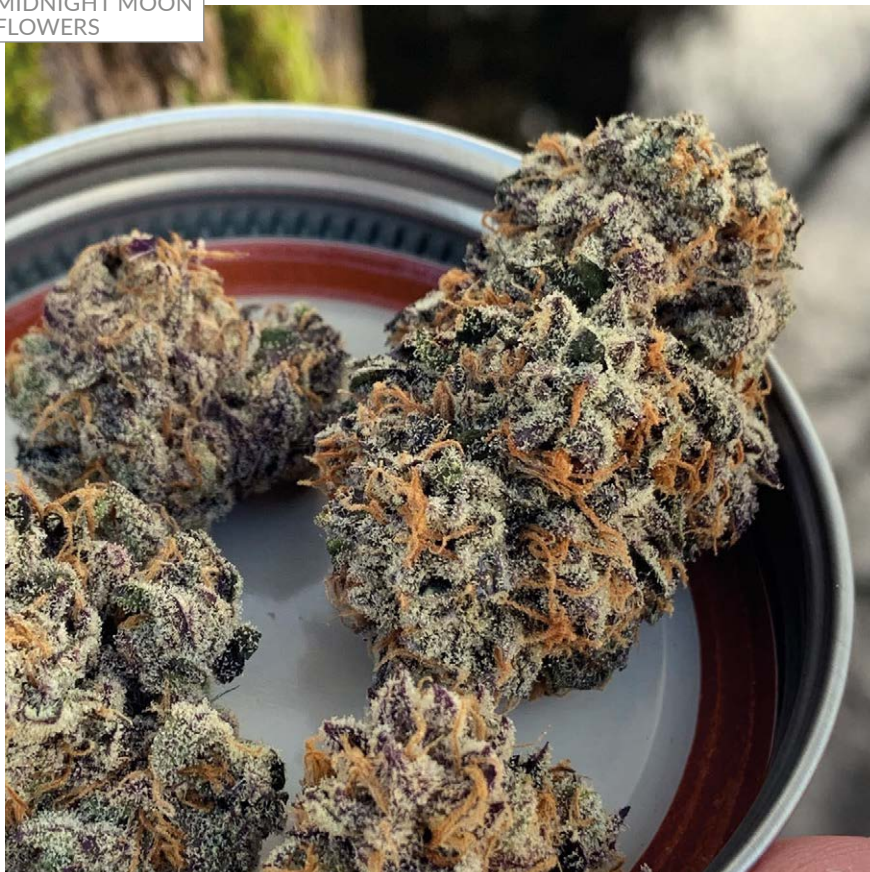
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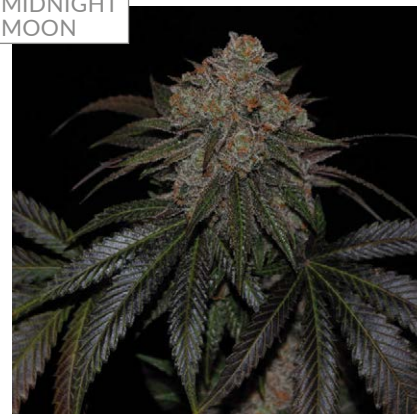
MIDNIGHT MOON
FLOWERS



DOUBLE CHERRY OG
FLOWERS



MIDNIGHT
MOON



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MIDNIGHT
MOON NUG



MIDNIGHT MOON
FLOWERS



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WEEDWORLD MAG

Women of Weed World

By Sharon Letts



WOMEN IN CANNABIS: A LIVING HISTORY

Survey Finding Women's Voices
in the Cannabis Space

A grassroots survey intended to provide monthly and quarterly reports on women in the cannabis industry has been circulating on social media, begun by Ladyjane Branding and Wolfe Research & Consulting and sponsored by several companies in the space.

Women in Cannabis: A Living History, asks questions of women such as: Why did they join the industry and what hurdles do they face?

According to facilitators, so far, the survey has garnered nearly 650 responses, with enough data to report on all women as a collective group. That said the sample size must be increased in order to analyze and show differences between communities within the whole.

Surveys are still needed in the U.S. for the following demographics; Black/ African American (12), Asian (17), Native Americans and Alaskan Natives (30); Veterans (33), entry-level (14), Republicans (10), Libertarians (21); and in the states of Massachusetts (16), Maine (22), Nevada, Arizona, and Illinois.



Survey Team

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In the mainstream market, more than nine million businesses – or fifty percent of all businesses are owned by women...

There are currently 27 surveys completed from the UK, with 102 in Canada and a need for more to be completed worldwide.

Women & Weed

Women have always been a part of the cannabis industry, from the black market to the legal market today, women have come to the table as caregivers, farmers, and remedy makers at every level.

And though the black market was historically run by men, the creation of organizations like Women Grow, brought them out of the kitchen and away from the trimming tables, helping them become viable competitors in the legal market.

But where are women today within cannabis corporations now garnering billions in profits? Is the playing field even for women and men in the space? The numbers suggest not.

According to a survey done in 2015 by Marijuana Business Daily, women leaders added up to just 36 percent of the workforce (as opposed to 15 percent in other industries), with 63 percent in high level positions in testing laboratories. Today, MJBD reports the numbers have fallen, not risen, with just 27 percent of executive positions held by women.

In the mainstream market, more than nine million businesses – or fifty percent of all businesses are owned by women; while women's purchasing power has steadily increased, holding 60 percent of wealth in the U.S. alone.

Furthermore, a study from Vangst found a mere 17.6



Jennifer Whetzel, Ladyjane Branding



© FORBES, JAVIER HASSE

percent of women hold management level positions across the U.S., as director or executive. And while 43.4 percent of all surveyed companies had a majority of female employees, only seven out of 166 businesses counted had all-female teams.

Being Counted

The survey promises to ensure that marginalized and voices typically not heard from are included. Components of the survey include storytelling beyond the data, through the lens of themes touched on by the reporting.

A list of women considered experts in the field will also be compiled to help continue the conversation, and make recommendations.

Wendy Borman, Executive Producer of the award-winning documentary, *Mary Janes: The Women of Weed*, will be capturing additional interviews this year, with inclusion in mind. A small number of respondents for the video series will be selected to be interviewed and filmed at specific cannabis events and conferences. The interviews will continue to touch on the same topics as the themed reports.

Workers in the cannabis industry are encouraged to share the survey and help others be involved – especially in the areas lacking input.

The cannabis industry is the fastest growing industry in the world, and women are stepping up and taking control in many ways. Music icon Melissa Etheridge was once quoted as saying, "There is no grass ceiling in the cannabis industry for women," we hope she continues to be right.

While the state of pay and managerial positions for women in the global workforce falters, women in the cannabis space are attempting to make up the difference, via inclusion, acceptance, and opening doors to their sisters in green. Knowing the facts of where we are is key in clearing the way for more women in high places in the cannabis industry.

To take the survey visit:

<http://bit.ly/wicSRVYklpr>

For more information on the survey visit:

<http://bit.ly/WICSwebKLPR>

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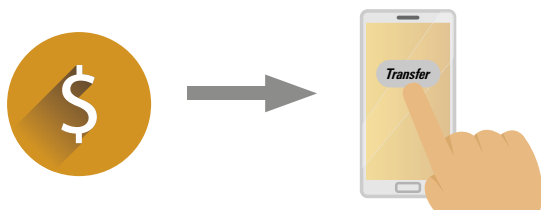
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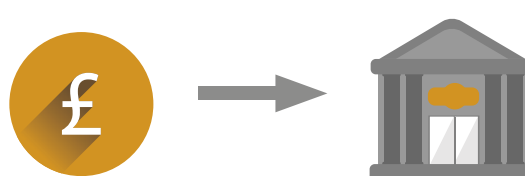
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the MUSIC REVIEWS



Phantom

Askari

The UK alternative/underground scene has always been one of its music strengths in my opinion with many artists and acts crossing over between multiple genres to deliver twisted soundscapes which can't easily be classified. Askari sound like a blend of Pitchshifter, One Minute Silence and Asian Dub Foundation (which probably shows more about my age than my musical tastes) and have a reputation for being pretty stellar on stage. This latest single, released alongside a UK tour, balances a lyrical dexterity with chugging riffs and a good old shouty chorus underwritten by tones of dark drum and bass and delivers a good sense of what to expect from this up-and-coming collective. While this certainly sways towards the harder edge of their output, it's a great taster which should whet the whistle and encourage to check out more of what they do. Certainly one to watch in the near future.



Go Away

L26

Following on from the endlessly sing-able Whiskey and Coke, L26 is back with more of his modern pop-ballad stylings. Considering that he is still relatively new to the scene and is working independently of any labels his music is really polished and hearing him on a single is a fantastic extension of watching him perform live (I've seen him acoustically and he can nail it live, trust me). It's hugely reassuring in the age of auto tune and multiple ghost writers to see the grassroots artists do their own thing and making their own way. This guy is in possession of a fantastic tone and an ear for catchy hooks which just nestle in your ear and refuse to come out. If you've not heard his first two singles yet then check him out on all major platforms and you can thank me later.



Fresh Ground

Guthrie Trio

Guthrie Trio are back with a fresh new EP for your listening pleasure and if you like to kick back and enjoy some mellow vibes then this will fit the bill nicely. From the opening of Mental Pollution it's clear that this is going to be a pleasant listening experience and the mix of chilled riffs and soulful lyrics really sets the tone. There's a cool SoCal vibe to their music which blends aspects of root and reggae to great effect and there's more than a hint of Sublime to some of their tracks including Maybe Someday which has a hook you'll be humming for days. By the time you get to the up-tempo funk of Inhale the Good Shit you'll be bopping your head like there's no tomorrow and it's a great way to round off the EP with a bit more bang for your buck. A welcome return.



the TV/MOVIE REVIEWS



Hunters

Rated: TV-MA • 1hr per episode

The Nazis will forever be etched into our collective unconscious as the ultimate archetype of the 'bad guy' (with good reason), so it's no surprise to see another TV show tackling the aftermath of WWII. Unlike concepts like *The Man in the High Castle* which deal with alternate realities/timelines in history, *Hunters* blends fact and fiction to a fine degree as it explores what happened after a number of high-ranking Nazi commanders and scientists escaped to America and started a new life under a false identity. In essence, the series follows the exploits of a group of like-minded individuals (all realized as comic-book-esque anti-heroes with attitude) who are tasked with unearthing those hidden in plain sight and bringing them to justice for their crimes. It's a good premise which works well for the most part and the show delivers a mix of dark humor, stark memoirs and ridiculous one-liners as it follows the hunt.



This Country: Series 3

Rated: 12A • 21m per episode

British mockumentaries are an absolute gem of a genre purely because they offer probably the truest representation of modern Britain you can see on the screen. Ever since the first episode of the first series' opening scene I have been completely enthralled by the disappointing existence of Kerry and Curtan as they bumble their way through the realities of rural existence. The third season is currently underway (airing in weekly episodes on iPlayer) and is just as awkward and hilarious as you would expect, but there's a real sombre air to it and you can't help but feel sorry for some of the characters (increasingly for Kerry, as I'm sure you'll agree). With the real-life passing of their long-time friend and co-star, Michael Sleggs, who plays Slugs in the show, intertwined with the story of the show, the show maintains its down-to-earth nature as it delivers endlessly quotable lines and memorable moments.



Sonic the Hedgehog

Rated: PG • 1h 39m

Following the internet rage in response to the first trailer, the makers of *Sonic* went back to the drawing board and worked tirelessly to meet fan's expectations and it really paid off. As a huge SEGA-Boy myself, I'm probably perceived as more than a little bit biased however I can guarantee that I would have ripped this a new one if it was a total washout. The premise follows the idea that Sonic escaped danger as a child by moving between realities using his gold ring portals (like you could get from passing a checkpoint with at least 50 rings in your pocket, nerds) and has been living in isolated secrecy ever since. That being said, Sonic's teenage attitude and general ego get the better of him and force him out of hiding when he starts to achieve his true potential. Jim Carrey is absolutely fantastic as the antagonist and really makes this a must-see for children of all ages.



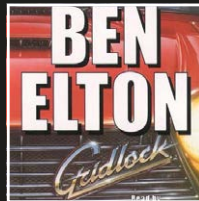
the BOOK REVIEWS



The Dark Lady

Akala

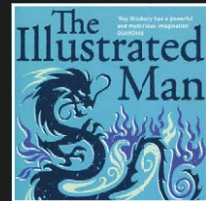
When people look back on this period in history, Akala is likely to be remembered as one of the most important and influential yet underrated thinkers of our age. From his outstanding music to his work with young people and the Shakespeare Hip-Hop Company (which he founded) through to his graphic novels and talks to audiences of all ages across many platforms, Akala has managed to become a real voice of the time. His latest offering is his first foray into the world of YA fiction, but it bares all the hallmarks of his previous work. Blending his extensive historical knowledge with his personal experiences of growing up in modern Britain, *The Dark Lady* is a contemporary tale set in Shakespearian London and it discusses a wide range of topics including allegorical messages about race, societal division and our individual and cultural identities in a manner that is both engaging and challenging.



Gridlock

Ben Elton

I have to admit that I was never that keen on Ben Elton as a stand-up when I was younger (I think I was probably just too young to get him at his prime) but I absolutely adore his books. Scathing satire which is perfect in the context of the time of writing but still holds up remarkably well in our modern age is the order of the day in *Gridlock* which revolves around the seemingly crazy idea of trying to make automotive transport greener and cheaper and what happens when a plucky inventor poses a threat to the vast wealth of everyone involved in global transport (from oil barons and car makers to government transport ministers and even traffic wardens). Cue a darkly hilarious and often savage take on everything from the rights of the disabled to positive female role models as a group of loosely-connected friends fight for justice in a corrupt world.



The Illustrated Man

Ray Bradbury

After reading his seminal novel *Fahrenheit 451* (don't watch the remake - it's nowhere near as good - read the book instead) again a few years ago, I can't help being drawn back into the books of Ray Bradbury. He writes so fluently and effectively that I often find myself completely transfixed by his characters and the worlds he creates for them. Blurring the lines between fantasy and reality, *The Illustrated Man* marks a change from what many had come to expect of him by moving the focus from a central protagonist to 18 intertwined stories which are all held together by a central character who was tattooed by a witch in a travelling sideshow. The wide scope of the stories all also share a common theme and while it is true that there are certainly a couple of stories that are weaker than others, on the whole this is a fantastic read.



the GAME REVIEWS



Ori and the Will O' the Wisps

Rated: Everyone • XO



Street Fighter V: Champion Edition

Rated: Teen • PS4



Bayonetta/Vanquish: Anniversary Edition

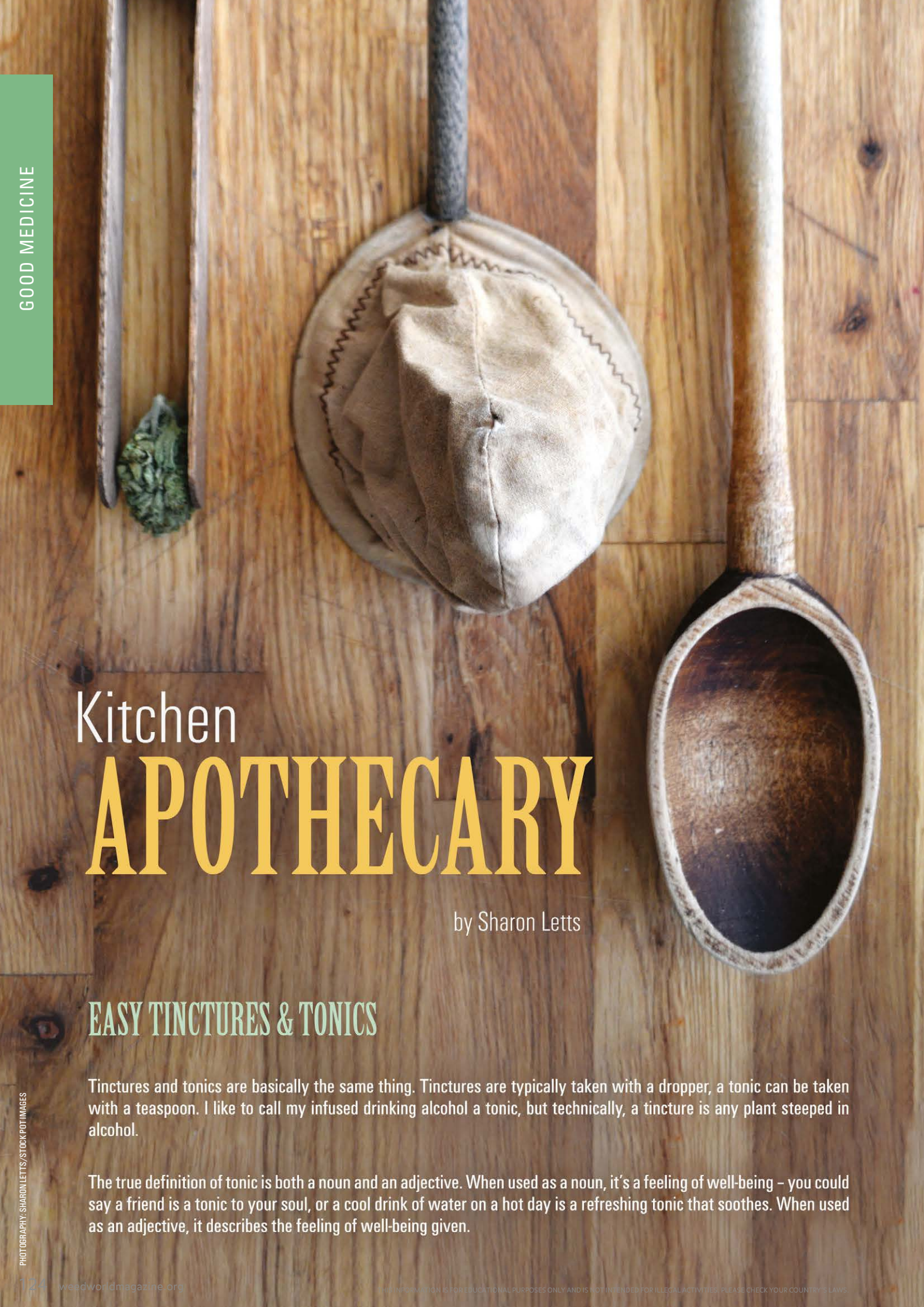
Rated: Mature • XO/PS

In a world of generic copies of other games and the tedious grind of lootbox-driven online multiplayer, it's easy to miss some of the truly beautiful games that are released by studios many people have never even heard of. A few years ago, Ori and the Blind Forest came out of nowhere and delivered a classic platforming experience that redefined the benchmark for many people. Blending stunning animation, hand-drawn levels, incredibly moving music and an ever-evolving skill set meant that the game was as immersive as it was impressive (and also just as emotional). Fans have been waiting desperately for this sequel and it delivers on all fronts. The gameplay is tighter than ever, bringing new moves, enemy types and puzzle-variants to keep things as exciting as you would hope, but the overall feeling is exactly what you would hope for. I'd certainly recommend playing the first game first, but this is essential.

Few games have managed to maintain the staying power of Capcom's flagstone fighter over the years and this latest version brings plenty of tweaks to get to grips with. Aside from the usual cluster of additional characters and levels, SFV:CE adds some neat new visual effects that really help to solidify the quality of the cel-shaded style brought in for SFIV. It's clear that the developer has its sights on maintaining the focus on competitive play and E-Sports here too, with an even tighter experience than before and the ability to perfect a character is something which continues to impress. Even if you've been playing since back in the day, this feels as fresh and exciting as ever. Online play works incredibly well (connection dependant, obviously) but for me there is no greater joy than sitting down with a bunch of friends and whupping each other's behind to see who is the true king.

Platinum Games are one of those studios who produce quality titles that break the mold. Both of the included games are outstanding in their own right, but they offer such different experiences that it seems like an absolute steal to get them both bundled together at a reduced price. Bayonetta is akin to games like Devil May Cry and brings fast-paced, combo-driven combat together with a ludicrous storyline which is hilarious as it is outrageous. If you want to fight gargantuan bosses and endless hordes of demons then slip on some high-heels and kick some serious butt. If you'd prefer to blast the living hell out of everything you see whilst sliding about on your knees and backflipping in slow-motion (and who wouldn't?) then Vanquish takes the cover-based shooter to new extremes. Seriously, if you've never played either game before then you're missing out. If you've played them before then you know they're worth playing again and again.



A photograph of a wooden spoon, a small green herb, and a paper bag on a wooden surface. The spoon is on the right, the herb is on the left, and the paper bag is in the center. The background is a wooden surface with a vertical grain.

Kitchen APOTHECARY

by Sharon Letts

EASY TINCTURES & TONICS

Tinctures and tonics are basically the same thing. Tinctures are typically taken with a dropper, a tonic can be taken with a teaspoon. I like to call my infused drinking alcohol a tonic, but technically, a tincture is any plant steeped in alcohol.

The true definition of tonic is both a noun and an adjective. When used as a noun, it's a feeling of well-being – you could say a friend is a tonic to your soul, or a cool drink of water on a hot day is a refreshing tonic that soothes. When used as an adjective, it describes the feeling of well-being given.

Making a tincture with drinking alcohol is the simplest and oldest form of infusion for remedy on the planet. Alcohol strips beneficial terpenes and cannabinoids easily and quickly. In a cold-steep, the tetrahydrocannabinol, or THC, is not activated – giving whole plant, or full spectrum benefits without the high.

The compound in cannabis with the potential to induce psycho-activity is not actually called THC, its formal name is THCA, and doesn't become psychoactive THC until heated – and why we smoke. THC is also activated in a hot infusion, or by decarboxylation of the plant first on low heat.

To Decarb or Not to Decarb?

I've never really been into decarbing plant material before making remedies, as I'm not looking for a big high. My goal is to make remedy to be well, or to have a general overall feeling of well-being.

When I make remedies with heat the THC is naturally activated enough for my liking. If you must have activated cocktails, decarbing your plant material prior to steeping is warranted.

Cold-steeped non-psychoactive tinctures and tonics can also be activated by sitting the bottle in a sunny window sill for a couple of hours. But, beware, it will be a strong mix. When the THC is activated, one shot of liquor into a cocktail is a very strong dose.

Remember the dosing motto, "start low, go slow," or you may have an out-of-body experience, for high THC and too much alcohol can induce what's called, phasing, causing the partaker to black-out – with no fun had by anyone.

No More Hangovers!

Not really a big drinker, I began to infuse my drinking alcohol to combat the negative effects of the alcohol itself – mainly inflammation, causing headaches; upset tummy – hangovers. After I have a cocktail with one of my tonics, I actually feel good. It's a tonic!

There are a few recipes on my website for tinctures and tonics made with plants infused in drinking alcohol. The Skies the limit on the combinations of plants you can use. Following is my all-time-favorite alcohol infusion:

While cannabis is a superfood, the spices in this recipe are equally beneficial. As follows:

- Cinnamon: Lowers blood sugars, treats diabetes
- Star Anise: Lowers risk of cancer (antioxidant), promotes healthy skin; anti-fungal, strengthens the immune system, aids in digestion and sleep.
- Cardamom: Gastrointestinal prevention, controls

Ganja Spiced Rum

1 liter brown rum
¼ cup ground cannabis flower
4-5 whole Star Anise, 4-5 whole cloves
1 t. cardamom seeds or 5-6 pods
1 stick cinnamon
1 t. ground black pepper
1 t. vanilla

Steep in glass or metal container for up to two weeks in a cool, dark cupboard. Strain and decant.

Sharon's Favorite Cocktail: Ganja Spiced Rum & Coke-a-Cola: 1 shot of rum per one 16 ounce glass of coke on ice.

#NotJustCannabis

cholesterol, cardiovascular aid, blood circulation, dental aid, urinary tract infections, such as cystitis, nephritis, and gonorrhea.

- Black Pepper: Antioxidant, digestion aid, may slow aging, improves dental health, aids in skin conditions.
- Vanilla: Aids in treating acne, improves hair growth, speeds healing, anti-inflammatory, chronic disease prevention, cardio protection.
- Cloves: Antioxidant, antifungal, antibacterial, aphrodisiac, antiviral, antiseptic, anti-inflammatory, and analgesic properties.

Superfoods, Superplants

The obvious thread of commonality with the above list of benefits from the spices listed, is the matching benefits each plant has to cannabis as a superfood.

To remind, a superfood is any plant that has myriad benefits for a wide range of symptom relief, while strengthening the immune system.

Anti-inflammatory properties are also a given with most beneficial plants, and is typically at the top of the list. Antifungal, antibacterial, and anti-infection is another common thread.

Antioxidant properties are also a given, and it's always been curious to me how we can say a plant has antioxidant properties, but we can't say it will kill cancer cells – when that's exactly what it means!

The skies the limit as to combinations of herbs and spices you can add to drinking alcohol to create the perfect beneficial tonic. There are more combinations on my website.

As a footnote, if you can't drink or tolerate alcohol, apple cider vinegar (ACV) infuses in the same way as alcohol. Please see the Kitchen Apothecary piece on ACV for more information.



Tincture made with gin and a combination of superplants.



Rum in fused with cannabis.



Sharon's favorite infusion for cocktails is Ganja Spiced Rum and coke.



DEALER TURNED POLITICIAN

- LOCAL ELECTIONS, ISRAEL

By Ziv Genesove

The man who was arrested and accused of running approximately 80% of the illegal cannabis market in Israel wishes to run in the upcoming elections for the local parliament.

The political system in Israel is in an ongoing event of one long election campaign: due to the fact that neither side on the political map has succeeded in forming a coalition, the Israeli public finds itself preparing for a third general election in less than a year - and probably not the last.

Amos Silver, the founder of the “Tellegras”, a platform based on the “Telegram” app that promotes illegal dealing and trafficking of cannabis (which in practice took over a significant share of the domestic cannabis market), is seeking to take advantage of the wave of sympathy he gets on the streets and is trying to run for local parliament.

“The biggest headache of the Israeli Police.”

Since 2017, Israel was undergoing a quiet revolution: the local cannabis market, which for years was mostly based on the “traditional ways” of the commerce of illegal substances, has been transformed almost exclusively to trading online.

Although “Tellegras” was not the first to offer an online cannabis-trading platform for Israelis, it certainly was the largest and most popular one, with the vast majority of the clientele. At its peak, “Tellegras” reached more than 200,000 customers across the country (more than 15,000 in Tel-Aviv alone), and the press crowned the project as “the biggest headache of the Israeli Police.”

Silver, who at the time was hiding in California, USA, away from the reach of the Israeli police, enjoyed countless interviews with the Israeli media, which he took advantage to brag about the law enforcements in the holy land failing to combat the trafficking of cannabis. It was obvious that Amos got a lot of satisfaction from sticking a finger in the eye of the police: “The cops can talk all they want about their success in the war against drugs - but it is a fact that in Israel today it is much more convenient to order a bag of

cannabis than a pizza tray - and the bag of cannabis will arrive faster," he used to say (with some justification, one might add).

The party is over

The glory days of "Tellegras" in the Israeli Cannabis market continued to flourish almost uninterrupted for two consecutive years. During this period, the police managed to implant a very small number of undercover agents inside the organization, and although a few operators who were able to penetrate "Tellegras" did lead to the arrest of several dealers - the police failed time after time to reach their management layer.

The "Tellegras" celebration lasted until 12 of March last year (2019), when the Israeli police coordinated an international operation in cooperation with the American and the Ukrainian police: law enforcement officers raided the residences of dozens of suspects in managing the "Tellegras". Amos Silver, the founder of the organization, was arrested by the Ukrainian police in a raid on a hotel in Kyiv, where he was staying. The widespread operation was finally carried out after the Israeli police arrested one of the directors of the "Tellegras" for cultivating cannabis, and, during the investigation, he was convinced to betray his colleagues in the project and start working as an undercover police agent.

Run Amos, run!

The Israeli police celebrated in the local media the arrest of the founder of the "Tellegras", but in reality, Silver managed to delay his extradition to Israel for almost six months, at that time he was held in a secure apartment in Ukraine. Even after the Ukrainian court eventually decided to extradite him to the Israelis, Amos Silver managed to evade the Ukrainian law enforcement once again.

Silver was brought to Kyiv airport accompanied by local police officers, but after the security inspection inside the airport, the security officers left him - and Silver seized the opportunity to make a "U-turn", escape from the airport and disappear. Less than 24 hours later he was captured again, this time in the city of Uman in central Ukraine. The local police did not take a risk and sent him on a plane while he was handcuffed and accompanied by two enforcement officials.

After returning to Israel, Amos's arrest was extended several times in court, an indictment was filed last September, and since then he has been awaiting his trial for almost a year, a relatively long and exceptional period for the Israeli legal system.

Meanwhile, until the trial opens, Silver desires to take advantage of the election period in the country and wants to try his luck in running for the Israeli House of Representatives - the "Knesset".

"Amos saved, literally, thousands of Israelis who needed medical marijuana"

"Amos has always been into politics, he seeks to change laws and adapt them to the wishes of the public. This is also the goal of "Tellegras". Gali Amar, Silver's wife (who was also arrested during the extensive police operation but was released shortly afterward), explained that: "He wants a change. Moreover, he desires to expand into other areas beyond legalization and cannabis."

Amos is listed as number two of a small, anonymous party called "Liberal and Economic Power," headed by economist Gilad Alper, who did not spare words about the project Silver initiated: "I really appreciate what he (Amos Silver) did with "Tellegras". He contacted us, we talked about cooperating and it seems to me very appropriate - Amos saved, literally, thousands of Israelis who needed medical marijuana and did not receive it from the state."

It should be noted that although the "Tellegras" platform gave service to more than 200,000 customers, and Silver himself is very popular among a certain percentage of the Israeli public, it is hard to believe he could pass the threshold needed to enter the local parliament. However, that will not stop Silver and his associates from trying - neither will the Israeli court.

"The applicant's actions are accompanied by a serious moral flaw"

Silver submitted his candidacy to the Knesset in mid-January, sending the required forms from his detention cell. A week later, however, the Chairman of the Central Election Commission, Neil Hendel, had already disapproved the candidate and ordered his name to be deleted from the list.

"The applicant's actions are accompanied by a serious moral flaw. Since the applicant did not face the burden of proving otherwise, he cannot contest the elections for the 23rd Knesset," Handel wrote in his decision.

Although the Elections Committee's decision to disqualify Silver denied him the opportunity to run for the Knesset in the last elections in Israel held in earlier this month (March), according to many assessments it is very possible that the political system in Israel will find itself

in the coming months facing another election round, and it is likely that Silver will appeal the decision:

"Against Netanyahu (the Israeli prime minister), and against other Knesset members, there are far more serious allegations." They claimed in the vicinity of Silver, "Bribery, breach of trust and all such things. If they can run for Knesset, so can we."



HELP is here

Web: <http://norml.org/>
Legal Questions: legal@norml.org
Women's Outreach: sabrina@norml.org

NORML USA

NORML and the NORML Foundation
→ 1100 H Street, NW
Suite 830
Washington, DC 20005
Phone: (202) 483-5500
Fax: (202) 483-0057

SUPPORT & SELF-HELP GROUPS

The following websites and organisations offer advice on giving up or reducing cannabis use.

UNITED KINGDOM

A web-site providing a free downloadable pdf document entitled A Guide to Cutting Down and Stopping Cannabis Use.
www.knowcannabis.org.uk/Images/Kclargeguide.pdf

UNITED STATES AMERICA

A web-site offering downloadable guides to quitting cannabis use
www.cannabisaddicts.com/
http://stopsmokingcannabis.org/Home_Page.html

AUSTRALIA

A web-site providing a free downloadable pdf document entitled Making Changes: A Self-Help Package for People Thinking about Changing their Lifestyles.
www.gsaha.nsw.gov.au/UserFiles
www.edas.org.au/docs/cannabis.pdf

WORD OF WARNING

UK Laws. Please Observe... As responsible journalists, we at

→ Weed World now feel we should extend our information on the re-classification of cannabis – and include the most up-to-date information from the Home Office.

General legislative position and existing licensing arrangements Cannabis is a Class B controlled drug under Part II, Schedule 2, of the Misuse of Drugs Act 1971 (MDA 1971). It is also listed in Schedule 1 to the Misuse of Drugs Regulations 2001 (MDR 2001) and designated under the Misuse of Drugs (Designation) (England, Wales and Scotland) Order 2015 (2015 Order). As such, it is unlawful to possess, supply, produce, import or export this drug except under a Home Office licence. It is also an offence to cultivate any plant of the genus Cannabis except under a Home Office licence.

"Cannabis-based products for medicinal use in humans" ("CBPM") - a defined category of cannabis, cannabis resin, cannabidiol and cannabidiol derivatives - are listed in Schedule 2 to the MDR 2001 and removed from designation under the 2015 Order. Home Office licensing requirements relating to these products are outlined below. The explanatory memorandum to the legislative changes can be found at:
<http://www.legislation.gov.uk/uk/si/2018/1055/memorandum/contents>

Cannabidiol (CBD) and its control status:
CBD as an isolated substance, in its pure form, would not be controlled under the MDA 1971 / MDR 2001.

If a CBD 'product' contained any controlled cannabinoids, unintentionally or otherwise (e.g., THC or CBD-V), then it is highly likely that the product would be controlled. It is our understanding that it is very difficult to isolate pure CBD, and in our experience many products in fact do not fully disclose their contents or provide a full spectrum analysis at an appropriate level of sensitivity to accurately and consistently determine their true content or control status.

Against this background, the presumption has to be one of caution - that is, that a CBD containing product would be controlled under the MDA 1971 / MDR 2001 as a result of its other cannabinoid content.

In addition to any issues associated with controlled substance content, cannabis/ cannabis extract products may also need to satisfy other regulatory requirements if clinical/medicinal benefits are claimed. In this respect, companies may wish to contact the MHRA for their view on whether the cannabis/ cannabis extract products are additionally subject to their licensing regime and control.

THC-A and its control status:

THC-A as an isolated substance, in its pure form, would not be controlled under the MDA 1971 / MDR 2001. However, it is understood that THC-A readily degrades both naturally, and with a catalyst or environmental change (e.g. ingestion) to THC which is a Schedule 1 controlled cannabinoid.

Against this background, the presumption is similarly one of caution, namely that THC-A will become a controlled substance

by virtue of its degradation.

Information from the Home Office - Misuse of Drugs act 1971:

- Class B - include Amphetamines, Cannabis, Methylphenidate
- (Ritalin), Pholcodine.
- Possession - Up to five years in prison or an unlimited fine or both.
- Dealing/Supply - Up to 14 years in prison or an unlimited fine or both.
- Cannabis is designated as controlled substances under the Misuse of Drugs Act 1971, and using the drug is illegal in UK.

The Misuse of Drugs Act states that it is an offence to:

- possess a controlled substance unlawfully
- possess a controlled substance with intent to supply it supply or offer to supply a controlled drug (even if it is given away for free)
- allow a house, flat or office to be used by people taking drugs

To enforce this law the police have special powers to stop, detain and search people under the 'reasonable suspicion' that they are in possession of a controlled drug.

LEGAL ADVICE

BEING HARASSED? Then contact the Solicitors from Civil Liberties and Human Rights... The rights guaranteed to suspects, defendants, offenders and prisoners in our justice system are fundamental human rights that protect us all from governmental abuse of power. And the solicitors from BSB Law are committed to upholding these rights. Their solicitors are experienced in challenging the decisions of Courts, Local Authorities and Public Bodies, and they are currently involved in cases challenging the legality of decisions to prosecute parents under the Education Act for failing to ensure their children attend school and the scope of Anti-Social Behaviour Orders. For more information about their work in this area – you need James Skelsey. Their consultant Richard Parry is an experienced Civil Liberties campaigner and legal representative for the London Defence Monitoring Group. Parry has represented many protestors arrested as a result of the May Day and other political demonstrations. He is an expert in defending cases related to the supply, possession and importation of drugs. Contact Richard, if you are faced with prosecution.

Profile: Richard Parry of the BSB Law Firm... Richard began his career in 1987 working on the PC Blakelock murder trial at the Central Criminal Court, qualifying in 1994 as a solicitor - gaining higher rights of audience in 2006. He also has experience in the Coroner's Court, Courts Martial and before the Parole Board. Richard has been a Duty Solicitor since 1996 and furthermore Richard has a particular interest and expertise in drug and protest cases. He was involved in the leading medical cannabis case R v Taylor, Quayle & others whose petition to the House of Lords being rejected is now pending before the European Court of Human Rights. Add to that his involvement in numerous importation and supplying cases and is increasingly involved in Confiscation hearings under the Proceeds of Crime Act and other legislation. He has been interviewed on TV and Radio on the drugs issue, and spoken at Trafalgar Square. Richard was involved in defending many of the May Day protestors from 1999 onwards, in particular the only riot case from 1999, R v MacHale (2000). He currently assists 2 of the 5 British victims of police brutality from the G8 Summit in Genoa in 2001; the 2 trials there are expected to conclude in 2007. If you wish to contact Richard please e-mail him at richardvp@bsblaw.co.uk BSB Law Solicitors undertake all work regularly conducted in the criminal courts at all levels and their practice encompasses all aspects of dishonesty, violence, and sexual offences and drugs offences. Worth noting – they also offer expertise in: Internet Crime - Explosives and Firearms - Road Traffic Matters - Licensing - Obscene Publications - Local Authority - Prosecutions - Environmental Crime.

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CANNABIS LAWYER CANADA

→ Paul Lewin
Tel. (416) 499-7945
email: paullewin@bellnet.ca
www.LewinSagara.ca

→ RELEASE UK – OFFER DRUGS COUNSELING, DRUG EXPERT WITNESS, HELP & ADVICE AND LEGAL OUTREACH

For all information on their services call 020 7324 2989 or email ask@release.org.uk

Our drug expert witness service is delivered by our highly knowledgeable and accredited (Expert Witness Institute) drugs team that have provided authoritative independent reports and testimony for civil, criminal and military cases in England, Ireland, Scotland & Wales for over 10 years.

The team are exceptionally experienced in dealing with most drugs whether prescribed or controlled/illegal (as defined by the Misuse of Drugs Act 1971) and are regularly instructed to comment upon:

- Valuation - street prices and wholesale
- Drug prevalence
- Common methods of drug use and administration
- Cannabis cultivation and yield (including hydroponics)
- Possession with intent to supply
- Bulk purchase for personal use (scale of economy)
- Importation and distribution
- Dialogue interpretation and sequestration cases
- Proceeds of Crime Act, to name but few areas.

Contact: drugsexpert@release.org.uk

The counseling service is lead by Gary Sutton who is a member of the British Association for Counseling and Psychotherapy (BACP) and has an MSc in Therapeutic Counseling. Gary has many years of experience of working with people with drug, alcohol and emotional problems, and has delivered counseling in a variety of settings including drug treatment centers and prisons. If you require further information, or would like details on commissioning the service then please contact Keith Edwards on keith@release.org.uk, or alternatively telephone 020 7324 2979. Our legal surgery program currently operates in ten drug treatment centers across eight London boroughs, seeing over 1800 clients a year. People who use drugs problematically and engaging with the treatment centre can access a legal adviser for advice and assistance on a variety of issues, including:

- Housing
- Homelessness
- Welfare benefits (including representation at tribunals)
- Debt
- Complaints against the police
- Criminal injuries compensation claims

TALK TO FRANK

If you want to talk, you can call FRANK,

→ 24 hours a day, 365 days a year. (Free confidential drugs advice, they will signpost you to whatever service you may need). 0300 123 6600, text 82111, email: frank@talktofrank.com.

NORML/UK is a non-partisan, non-profit organization working for more research into the benefits of the uses of the hemp plant for all purposes. We aim to provide a support network to those seeking the normalization of cannabis consumption, and to influence a positive transformation of laws enabling responsible medical, spiritual, recreational and industrial uses in the UK. Our five main objectives are outlined in our Cannabis Charter: Freedom, Evidence, Respect, Regulation and Medicinal cannabis. On our web site you will find information relating to medicinal and recreational cannabis.

→ We are seeking the reform of cannabis laws throughout the world. Hashish has been sold in coffeeshops in The Netherlands for forty years. Uruguay recently become the first country to officially legalize cannabis, and two States in the USA have also legalized, with more expected to follow suit.

If you would like to be part of the UK's leading campaign to reform the laws, then you can join online and become a member of NORML UK. www.norml-uk.org
General Inquiries: norml@norml.org
The NORML Foundation: foundation@norml.org
Media Requests: media@norml.org

----- The inclusion of the above organizations are only suggestions, and Weed World cannot be held responsible for content of external websites. -----

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BUSINESS DIRECTORY

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www.weedworld.co.uk

Souvenir Seeds



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www.ministryofcannabis.com



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www.sunbelthemp.com



SuperCBDx

www.supercbdxseeds.co.uk



Sweet Seeds

www.sweetseeds.es



Retail/Other



Europe Canna Expo
www.europecannaexpo.com



Hanf Expo
www.hanfexpo.com



Mendo Dope
www.mendodopemusic.com



Near Dark
www.neardark.de



RAD Expo
www.theradexpo.com

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www.hempfest.org



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www.weedworldmagazine.org



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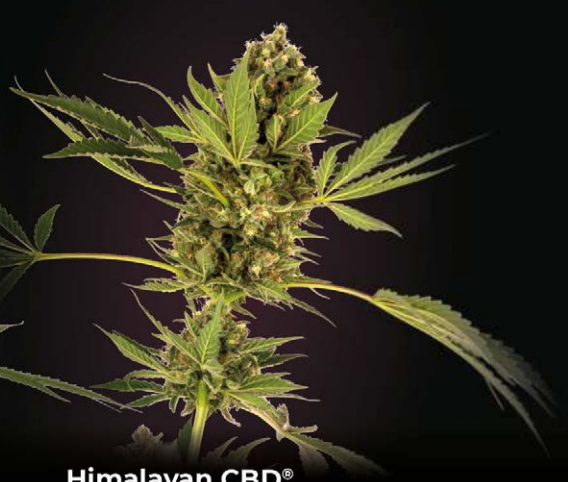
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